## RESOURCES FOR SUPPORTING GRAD STUDENT WELLBEING

### MENTAL HEALTH & WELLNESS
- Talkspace
- Very Well Mind
- U Lifeline
- NAMI (National Alliance on Mental Illness);
  - helpline: 800-950-6264
  - or text NAMI TO 741741

### MEDITATION AND MINDFULNESS
- Calm
- Noisli
- Liberate (for People of Color)
- Stop Breathe Think
- Trauma Conscious Yoga
- Black Lives Matter
  - Mindfulness Meditation

### SELF CARE
- Self-Care Game
- Self-Care Resources
- Creating a Self-Care Plan
- Academic Mental Health Collective
- Active Minds Mental Health

### MANAGING STRESS & PTSD
- A Very Mixed Record on Grad Student Mental Health
- Battling Bullying in Academe
- Coping with PTSD
- Faculty Reflections on Stress
- Identifying PTSD Triggers

### RESISTING THE FALLACY OF UNWORTHINESS
- What Happens After You’ve Gotten All the A’s
- A Phenomenology of Shame, or, Life (and Death) in Graduate School
- CV of Failure
- Debunking the Shame In You Should Be Writing
- Self-Criticism and the Academy
- Still Here, Still Fighting: My Nonlinear Journey to ABD

### SUGGESTED SCHOLARLY READING
- Austin, 2002
- Gildersleeve, Croom, & Vasquez, 2011
- McGee & Stovall, 2015
- Posselt, Reyes, Slay, Kamimura, & Porter, 2017
- Truong & Museus, 2012