

**Resources to help grow**

**your well-being**

Want to have higher well-being? These are a selection of resources that are science-based and have brought me light-bulb moments. I hope they help you.

**Books**

**Brown (2010)** *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.* Hazelden Publishing

**Lyubomirsky (2007)** *The How of Happiness: A New Approach to Getting the Life You Want.* Penguin Books

**Dweck (2006)** *Mindset: The New Psychology of Success* (Ballantine Books)

**Banks (2015)** *Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships* (TarcherPerigee)

**Senek (2011)** *Start With Why.* (Penguin)

**Covey (1989)** *The Seven Habits of Highly Effective People.* (FreePress)

**Articles**

**Shaw (2006)** *Four core communication skills of highly effective practitioners.* Vet Clin Small Anim 36;385

**Cake et al (2015)** *The Life of Meaning: A Model of the Positive Contributions to Well-Being from Veterinary Work*. JVME;42(3):184-193

**Web-sites**

<http://greatergood.berkeley.edu/> The Greater Good Science Center is part of the University of California, Berkeley. It studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society. The information is presented in an easy to read format and is referenced.

<https://www.actmindfully.com.au/>. Russ Harris has many free resources on his web-site and also a helpful (paid) app. His podcast on confidence is excellent.

<http://www.ava.com.au/VetHealth>. Has links to many more resources.

<http://www.vetlife.org.uk/>

<https://veterinarywellbeing.wordpress.com/>

**Apps**

<http://moodmeterapp.com/> Use this to build your self-awareness and emotional intelligence.

Meditation apps such as Calm and Headspace

**Podcasts**

TED talks such as;

How to make stress your friend by Kelly McGonigal

Your Body Language Shapes Who You Are by Amy Cuddy

All in the Mind on Radio National

**Slow incremental change is the most sustainable.**

**And remember that you may need help to make the changes you need and want in your life. Talking with a professional listener such as a coach, counsellor or psychologist can be very helpful.**