

Whole and broken: Being human

Resources from our series on mental health

Winter 2021

Together: The Healing Power of Human Connection in a Sometimes Lonely World by Dr. Vivek Murthy,

Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words by David Whyte, (Langley, WA.: Many Rivers Press, 2018).

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison

It's OK That You're Not OK by Megan Devine.

Work on shame and vulnerability by Brene Brown. Here are links to two great TED Talk videos:

https://www.ted.com/talks/brene_brown_on_vulnerability

https://www.ted.com/talks/brene_brown_listening_to_shame

Other online resources

<https://themighty.com/>

<https://www.redletterchristians.org/who-has-your-trousers-keeping-company-in-the-darkness/>

