**Articles:**

**Art Therapy**

<https://www.talkspace.com/blog/art-therapy/>

**The effects of playing music on mental health outcomes**

<https://www.nature.com/articles/s41598-019-49099-9>

**Limit Screen Time**

[**https://www.talkspace.com/blog/screen-time-how-to-limit/**](https://www.talkspace.com/blog/screen-time-how-to-limit/)

**Toxic Positivity**

[**https://www.verywellmind.com/what-is-toxic-positivity-5093958**](https://www.verywellmind.com/what-is-toxic-positivity-5093958)

**Imperfection**

[**https://increment.com/reliability/failure-is-okay/**](https://increment.com/reliability/failure-is-okay/)

**How introverts are doing a year in quarantine**

[**https://www.refinery29.com/en-us/2021/03/10332751/introverts-mental-health-covid-pandemic**](https://www.refinery29.com/en-us/2021/03/10332751/introverts-mental-health-covid-pandemic)

**What is Extrinsic Motivation and How Does it Help Us?**

[**https://www.talkspace.com/blog/extrinsic-motivation/**](https://www.talkspace.com/blog/extrinsic-motivation/)

**Does Community Heal Trauma, or Reproduce It?: Challenges for abuse survivors living in community**

**<https://www.ic.org/does-community-heal-trauma-or-reproduce-it-challenges-for-abuse-survivors-living-in-community/>**

**Does mental illness enhance creativity?**

[**https://www.bbc.com/future/article/20160225-does-mental-illness-enhance-creativity**](https://www.bbc.com/future/article/20160225-does-mental-illness-enhance-creativity)

**Why teenage sleep is so important for mental health**

[**https://www.bbc.com/future/article/20210305-why-teenage-sleep-is-so-important-for-mental-health**](https://www.bbc.com/future/article/20210305-why-teenage-sleep-is-so-important-for-mental-health)

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**Why self-compassion – not self-esteem – leads to success**

[**https://www.bbc.com/worklife/article/20210111-why-self-compassion-not-self-esteem-leads-to-success**](https://www.bbc.com/worklife/article/20210111-why-self-compassion-not-self-esteem-leads-to-success)

**The best health and wellness apps for 2021**

[**https://mashable.com/article/best-health-wellness-apps/**](https://mashable.com/article/best-health-wellness-apps/)

**This Month’s Home Practice: 16 Poses to Spark Inspiration**

[**https://www.yogajournal.com/practice/yoga-sequences/this-months-home-practice-16-poses-to-spark-inspiration/**](https://www.yogajournal.com/practice/yoga-sequences/this-months-home-practice-16-poses-to-spark-inspiration/)

**Apps for mental health**

[**https://www.nature.com/news/mental-health-there-s-an-app-for-that-1.19694**](https://www.nature.com/news/mental-health-there-s-an-app-for-that-1.19694)

**‘All my art is curiosity-driven’: the garden studio where art and physics collide**

[**https://www.nature.com/articles/d41586-021-00399-z**](https://www.nature.com/articles/d41586-021-00399-z)

**How the arts can help you to craft a successful research career**

[**https://www.nature.com/articles/d41586-021-00334-2**](https://www.nature.com/articles/d41586-021-00334-2)

**Advice for creatives**

**How to sail smoothly from academia to industry**

[**https://www.nature.com/articles/d41586-018-03306-1**](https://www.nature.com/articles/d41586-018-03306-1)

**Raising my hand to ask a question terrifies me, and I am not alone**

[**https://www.nature.com/articles/d41586-021-00745-1**](https://www.nature.com/articles/d41586-021-00745-1)

**Creative inspiration**

**Books:**

**8 mindfulness books**

[**https://www.verywellmind.com/best-mindfulness-books-5112702**](https://www.verywellmind.com/best-mindfulness-books-5112702)

**Books to help with social anxiety**

[**https://www.verywellmind.com/popular-self-help-books-for-social-anxiety-disorder-3024248**](https://www.verywellmind.com/popular-self-help-books-for-social-anxiety-disorder-3024248)

**Videos/Podcasts:**

**10 podcasts for depression**

<https://www.verywellmind.com/podcasts-to-listen-to-if-you-have-depression-5104728>

<https://www.ted.com/talks/tim_harford_a_powerful_way_to_unleash_your_natural_creativity?referrer=playlist-how_to_protect_your_passions_from_burnout>

10 podcasts for self love

**Organizations:**