THE ULTIMATE STRESS MANAGEMENT TOOLKIT

50+ Books, Blogs, Apps & Websites to Help Introverts and Highly Sensitive People Deal with Stress and Overwhelm & Improve Health and Wellbeing

www.annetteearl.com
Useful Resources: For Introverts

» Website
Louder Minds - Introverting in Progress
https://louderminds.com/

» Website
Introvert, Dear: A Community for Introverts and Highly Sensitive People
https://introvertdear.com/

» Book
Introvert Power: Why Your Inner Life is Your Hidden Strength, Laurie Helgoe
Amazon UK

» Book
Quiet: The power of introverts in a world that can’t stop talking, Susan Cain
Amazon UK

» Website
Quiet Revolution: Unlocking the Power of Introverts
https://www.quietrev.com/

» Blog
Introvert Spring
https://introvertspring.com/

» Podcast
Player FM: Introvert Podcasts
https://player.fm/podcasts/Introvert

» Website/Blog
Highly Sensitive Introvert - The art of living from the inside out
http://www.highlysensitiveintrovert.com/
Useful Resources: For HSPs

» Book
The Highly Sensitive Person: How to Thrive When the World Overwhelms You, Elaine Aron, Amazon UK

» Website
The Highly Sensitive Person (Elaine Aron’s Website)
hsperson.com

» Website
NCHS - National Centre for High Sensitivity
http://www.hspsensitive.com/

» Book
Emotional Sensitivity and Intensity: How to manage intense emotions as a highly sensitive person, Imi Lo, Amazon UK

» Podcast
Conversation with Alanis Morissette: Dr Elaine Aron
http://alanis.com/wellness/podcast-episode-12-conversation-dr-elaine-aron/

» Video
The Gentle Power of Highly Sensitive People, Elena Herdieckerhoff
https://www.youtube.com/watch?v=pi4JOlMSWjo&t=2s

» Website
Dr. Tedd Zeff: Healing for Highly Sensitive People
http://drtedzeff.com/

» Blog
HSP Notes, Peter Messerschmidt
http://www.hspnotes.com/
Useful Resources: For Self Care

- **Website**
  Mindapples | Love your mind
  mindapples.org

- **Book**
  The Mind Manual: Mindapples 5 a day for a happy, healthy mind, Andy Gibson
  Amazon UK

- **Website**
  The Blurt Foundation: increasing awareness and understanding of depression
  https://www.blurtitout.org/

- **Book**
  The Self-Care Project: How to let go of frazzle and make time for you
  Jayne Hardy, Amazon UK

- **Website**
  FutureMe: Write a Letter to Your Future Self
  https://www.futureme.org/

- **Video**
  TED Talks: The Importance of Self Care Playlist
  https://www.ted.com/playlists/299/the_importance_of_self_care

- **Website**
  Self-Compassion Exercises by Dr. Kristin Neff
  http://self-compassion.org/category/exercises/

- **Email Course**
  Turning Uncertainty & Discomfort into Mindful Openness
  https://zenhabits.net/the-44/
Useful Resources: For Stress Relief

PDF Booklet
Mind: How to Manage Stress

Video
TED Talks: Talks to Help You Manage Stress Playlist
www.ted.com/playlists/315/talks_to_help_you_manage_stress

Website
Test Your Stress | Be Mindful
www.bemindfulonline.com/test-your-stress

Website
University of Surrey Self-Help Booklets (for students but helpful for everyone)
www.surrey.ac.uk/currentstudents/wellbeing/Wellbeing/support/learn/selfhelp

Audio (via YouTube)
10 Most Scientifically Relaxing Songs Ever
www.youtube.com/playlist?list=PL-7abo0PUD84wKuFTBUlentVIIkXTmNUr

App
Guided Meditation and Mindfulness - The HeadSpace App
https://www.headspace.com/headspace-meditation-app

App
Relieve Anxiety, Learn to Relax, Meditate & Overcome Stress | Calm
https://www.calm.com/

Online Course
Mindfulness for Wellbeing and Peak Performance
https://www.futurelearn.com/courses/mindfulness-wellbeing-performance

www.annetteearl.com
Useful Resources: For Better Sleep

- **Website**
  The Sleep Council: 30 day sleep plan
  https://sleepcouncil.org.uk/30-day-plan/

- **Website**
  Sleep Calculator: learn the best time to go to bed
  https://www.hillarys.co.uk/static/sleep-calculator/

- **Video**
  TED Talks: Talks to inspire you to go to bed and get a good night’s sleep
  Playlist
  https://www.ted.com/playlists/223/talks_to_inspire_you_to_go_to

- **App**
  Try a sleep app at bedtime
  Noisli (www.noisli.com) is a good place to start

- **App**
  Brain.fm: Music to improve focus, meditation and sleep
  https://www1.brain.fm/

- **Book**
  **Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success**, Shawn Stevenson, Amazon UK

- **Website**
  NHS: One You - Sleep
  https://www.nhs.uk/oneyou/sleep

- **Book**
  **Why We Sleep: The New Science of Sleep and Dreams**, Matthew Walker, Amazon UK
Useful Resources: For WellBeing

- **Website**
  NHS Mental Wellbeing Audio Guides
  www.nhs.uk/conditions/stress-anxiety-depression/?tabname=mental-wellbeing-audio-guides

- **Online Course**
  The Science of Happiness
  https://www.edx.org/course/science-happiness-uc-berkeleyx-gg101x-6

- **Website/App**
  Blinkist: Big ideas in small packages
  https://www.blinkist.com/

- **App**
  Science-Based Happiness Games & Activities | Happify
  https://happify.com/

- **Online Course**
  Developing Professional Resilience - Building Skills to Thrive
  https://www.futurelearn.com/courses/professional-resilience

- **Website**
  One You - to help you get back to a healthier you
  https://www.nhs.uk/oneyou

- **Website/Blog**
  Tiny Buddha: Simple Wisdom for Complex Lives
  https://tinybuddha.com/

- **Website/Fitness Forum**
  Nerd Fitness - for self-confessed nerds interested in health; join the rebellion!
  https://rebellion.nerdfitness.com/
Useful Resources: For Life Management

Book
Habit Stacking: 127 Small Changes to Improve Your Health, Wealth, and Happiness
S.J. Scott, Amazon UK

App
HabitShare: Habit tracking just went social.
http://habitshareapp.com/

Website
Bullet Journal - The Analog System for the Digital Age
http://bulletjournal.com/

App
Unroll.Me - Clean up your inbox
https://unroll.me/

Website
Do Nothing For 2 Minutes
http://www.donothingfor2minutes.com/

Blog
James Clear - Blogs about building better habits
https://jamesclear.com/

Website
TomatoTimer - To facilitate the use of the Pomodoro Technique
https://tomato-timer.com/

Website/App
Stickk - a commitment platform to help you achieve your goals
https://www.stickk.com/