

1

MENTAL HEALTH & WELLNESS

- [Talkspace](#)
- [Very Well Mind](#)
- [U Lifeline](#)
- [NAMI \(National Alliance on Mental Illness\);](#)
 - *helpline*: 800-950-6264
 - *or text* NAMI TO 741741

2

MEDITATION AND MINDFULNESS

- [Calm](#)
- [Noisli](#)
- [Liberate \(for People of Color\)](#)
- [Stop Breathe Think](#)
- [Trauma Conscious Yoga](#)
- [Black Lives Matter Mindfulness Meditation](#)

3

SELF CARE

- [Self-Care Game](#)
- [Self-Care Resources](#)
- [Creating a Self-Care Plan](#)
- [Academic Mental Health Collective](#)
- [Active Minds Mental Health](#)

4

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](#)

- [Instagram Accounts for Mental Health](#)
- [Managing Traumatic Stress](#)
- [The Trauma of Graduate Education](#)
- [Traumatic Stress in Grad School](#)

5

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](#)

6

SUGGESTED SCHOLARLY READING

- [Austin, 2002](#)
- [Gildersleeve, Croom, & Vasquez, 2011](#)
- [McGee & Stovall, 2015](#)
- [Posselt, Reyes, Slay., Kamimura, & Porter, 2017](#)
- [Truong & Museus, 2012](#)

