

## ***Reconnecting with Nature***

- Spend time outside! (it's free)
- Animas Valley Institute ([www.animas.org](http://www.animas.org)) – Wilderness-based workshops to reconnect with self, soul, Earth & your highest purpose
- We Are Wildness - <https://wearewildness.com/>
- Lucy Keniger et al. (2013): What are the benefits of interacting with nature? (<http://bit.ly/2V09OO5>)
- And if you can't go outside, bring nature inside: [https://www.ted.com/playlists/398/reconnect\\_with\\_nature](https://www.ted.com/playlists/398/reconnect_with_nature)

## ***Nourishing our Body-Mind-Souls***

- Walk, run, garden, eat well, do yoga, meditate...
- The poetry of David Whyte, Mary Oliver, Wallace Stevens, Robinson Jeffers, Naomi Shihab Nye, Rumi, Rainer Maria Rilke, Wendell Berry, Joy Harjo, Marge Piercy, Nayyirah Waheed, and so many more
- On Being (Krista Tippett) – weekly podcasts, poetry, readings to renew inner life, outer life and life together (<https://onbeing.org/>)
- Emergence Magazine: [emergencemagazine.org/](http://emergencemagazine.org/)
- Orion Magazine: [orionmagazine.org/](http://orionmagazine.org/)

# Personal Resilience and the Adaptive Mind

## *Selected Resources\**

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## ***Learning About Stress, Mental Health, Resilience, Transformation***

- CDC resources for coping with stress: <http://bit.ly/2UYIMtk>
- American Psychological Association (2017): *Mental Health and Our Changing Climate* (<http://bit.ly/2XSd7pw>)
- Bessel van der Kolk (2015): *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma* (<https://amzn.to/2PwWU61>)
- Trauma-informed care in the work place – Example Alameda County (<http://bit.ly/2ILWdVS>) Example Oregon (<http://bit.ly/2GMVHEN>)
- Leslie Davenport (2017): *Emotional Resiliency in the Age of Climate Change* (<http://bit.ly/2DAdtJC>)
- Soul-focused mentoring (Jade Sherer) - <https://www.itsournature.net/soul-focused-mentoring>
- Glenn R. Schiraldi (2017): *The Resilience Workbook: Essential Skills to Recover from Stress, Trauma and Adversity* (<http://bit.ly/2GRoE1t>)
- Rick Hanson (2018): *Resilient: How to Grow an Unshakable Core of Calm, Strength and Happiness* (<https://amzn.to/2UZZI7g>)
- Rebecca Solnit (2016): *Hope in the Dark* (<https://amzn.to/2UJKsRp>)
- Jonathan Lear (2008): *Radical Hope: Ethics in a Time of Cultural Devastation* (<http://bit.ly/2ZFc8dH>)
- Monica Sharma (2017): *Radical Transformational Leadership* (<https://amzn.to/2WalAmf>)

## ***Being with Our Emotions***

- The Work that Reconnects (Joanna Macy) – <https://workthatreconnects.org/> (see also <https://www.activehope.info/work-that-reconnects.html> and <https://www.joannamacy.net/>)
- Grief work (Francis Weller) <https://www.francisweller.net/> and <http://www.wisdombridge.net/>
- Good Grief Network – 10-step program, also resources for talking about climate change <https://www.goodgriefgroup.org/>
- Climate Psychology Alliance: Facing Difficult Truths - <https://www.climatepsychologyalliance.org/>
- Climate Psychiatry Alliance - <https://www.climatepsychiatry.org/>
- Psychology for a Safe Climate - <https://www.psychologyforasafeclimate.org/>

## ***Communicating with Others about What's Happening on Earth***

- Council on the Uncertain Human Future - <https://councilontheuncertainhumanfuture.org/>
- Climate Disobedience Center's Praxis Groups - <http://www.climatedisobedience.org/praxis>
- Climate Access – [www.climateaccess.org](http://www.climateaccess.org)
- Gregory Ellison (2017): *Fearless Dialogues: A New Movement for Justice* (<https://amzn.to/2UKVQwr>)
- Writings on climate communication by Susi Moser: [www.susannemoser.com/publications/communications.php](http://www.susannemoser.com/publications/communications.php)