

INTERNATIONAL WOMEN'S DAY – MARCH 08, 2021
HAPPINESS IS RESILIENCE- RESOURCE MATERIALS

1. Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves
2. Web link: ActionForHappiness.org (based in UK) – These are filled to the brim with excellent resources on happiness (they have worked with the Dalai Lama, for example) - they also have a phone app for building in regular "boosts" of happiness and other mindfulness opportunities
3. Feelings Wheel:
<https://www.gottman.com/blog/printable-feeling-wheel/>
AND for kids: <https://hes-extraordinary.com/emotion-wheel-for-kids>
4. Brene Brown (MANY books and resources on vulnerability): <https://brenebrown.com/>
5. Marcus Buckingham StandOut (adult version out now, youth version in beta):
<https://www.marcusbuckingham.com/gift-of-standout/>
6. Mental Health hotlines: 211 for non-emergency assistance (works in most US states)
7. US: SAMHSA: SAMHSA's National Helpline – 1-800-662-HELP (4357)
8. Freakonomics Podcast on Denmark - <https://freakonomics.com/podcast/happiness/>