Wellness

Resources

Documentaries on Netflix

- Headspace - talks about the benefits of meditation.
- The Minimalist: Less is now - great documentary about reducing clutter in the house and practicing letting go.
- Social Dilemma - documentary about our society's addiction to technology and social media.

TED talks

- How caffeine and alcohol affect your sleep
- How sugar affects the brain - Nicole Avena
- How does caffeine keep us awake? - Hanan Qasim

Courses

- The Science of Well-Being by Yale University | Coursera - the instructor, Laurie Santos, also has a podcast on happiness

Podcasts

- Body of Wonder by Andrew Weil, MD and Victoria Maizes, MD
- Being Well by Rick Hanson, Ph.D

Books

- Mind over Meds by Andrew Weil, MD
- In Defense of Food by Michael Pollan

- Breath by James Nestor

Meditation

UCSD Mindfulness Center has many different types of meditations: https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx

The above link doesn't appear to work, but I think this might be the new one? https://cih.ucsd.edu/mindfulness/guided-audio-video

Self-compassion

- Mindful Self-Compassion and Psychotherapy | Chris Germer
- Self-Compassion Practices: Cultivate Inner Peace and Joy - Self-Compassion

Supplements

- vitacost
- iherb
- swansons herbs
- thrive market

Review quality at Consumerlab.com or on Emerson Ecologics. Some brands such as Pure Encapsulations, NOW, Vital Nutrients, Douglas Labs, and Gaia Herbs are independently 3rd party tested. You can look for certified cGMP products. If ordering online, please use a known distributor to avoid fake or tainted products.

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