

Irwin Fritchie's "Mental Health Monday" May 2, 2022

RESOURCES & READINGS

PHYSICAL HEALTH RESOURCES

- Yoga with Adriene on YouTube: youtube.com/ywa
 - FitOn App- It's Free!
 - Peloton Fitness App
 - FitBit App
 - SleepCycle App
 - Nike Run Club
 - Runkeeper
 - Insight Timer App
 - Calm App
 - Headspace App
 - National Institutes of Health Physical Wellness Toolkit:
nih.gov/health-information/physical-wellness-toolkit
 - Learn Tai Chi with Master Chris Pei on YouTube
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MENTAL & EMOTIONAL HEALTH RESOURCES

- Suicide Help / The Trevor Project: thetrevorproject.org
 - National Domestic Violence Hotline: thehotline.org
 - Insight Timer / Free Meditation + Wellness App: insighttimer.org
 - Judges and Lawyers Assistance Program: louisianajlap.com
 - Yoga with Adriene on YouTube: youtube.com/ywa
 - Mindvalley: mindvalley.com
 - Calm App: calm.com
 - Institute for Well-Being in law: lawyerwellbeing.net
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FURTHER EXPLORATION IN 2022

- [Anne Teachworth, Why We Pick The Mates We Do](#)
- Aubrey Marcus, Own the Day, Own Your Life
- Barbara Huson, Rewire for Wealth

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RESOURCES & READINGS

- Bob Lotich, Simple Money, Rich Life
 - Brene Brown, Dare to Lead
 - Brendon Burchard, High Performance Habits
 - [Brian Tracy, Eat That Frog!](#)
 - [Carl Honore, In Praise of Slowness: Challenging the Cult of Speed](#)
 - [Carol S. Dweck, Mindset](#)
 - [Elizabeth Gilbert, Big Magic](#)
 - Erika Cramer, Confidence Feels Like Sh*t
 - [James Clear, Atomic Habits](#)
 - [Maurice Carlos Ruffin, We Cast a Shadow](#)
 - Michael Greger, MD, How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
 - Michelle Obama, Becoming
 - Miguel Ruiz, The Four Agreements
 - Pat Luse, The Seven Steps System
 - Paul Coelho, The Alchemist
 - [Sheryl Sandberg, Option B: Facing Adversity, Building Resilience](#)
 - Suze Orman, The Ultimate Retirement Guide for 50+
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PODCASTS

- The Confidence Chronicles with Erika Cramer
- [What Would Sheila Say? with Sheila!](#)
- Fit to Practice with Angela Han
- Kwik Brain with Jim Kwik
- Mindset Coach with Sean Croxton
- The Mindvalley Podcast with Vishen
- Quote of the Day Show with Sean Croxton
- SeedTime Money with Bob & Linda Lotich
- Access and Opportunity with Carla Harris
- The Brendon Show, Brendon Burchard
- The Mindvalley Podcast with Vishen Lakhiani
- Fit to Practice with Angela Han
- Iyanla: Fix My Life