Links From April Webinar

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Nutrition & Mental Health

Ted Talk

<https://www.youtube.com/watch?v=3dqXHHCc5lA>

The Neuroscience of Opioid Use Disorder

<https://www.youtube.com/watch?v=v5jPd8c5zdo>

Fight the Stigma: It can happen to anyone <https://www.youtube.com/watch?v=-DxWdTys84E&t=32s>

Make Stress Your Friend

<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend>

Book - Trauma Stewardship - Laura van Dernoot Lipsky <https://www.amazon.com/Trauma-Stewardship-Everyday-Caring-Others/dp/157675944X>

Book - The Body Keeps the Score - Bessel van der Kolk

<https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748>

Book - Widen the Window - Elizabeth Stanley

<https://www.amazon.com/Widen-Window-Training-Thrive-Recover/dp/0735216592>