

Caring for Our Minds - A Starting Point

Emotional self-care is critical to our wellbeing. The video links provided here are not intended to substitute for professional therapy, but to offer an introduction to some key ideas and approaches. Mental health maintenance is necessary for each of us to be our best selves emotionally, cognitively and physically.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

— Viktor E. Frankl, neurologist, psychiatrist and Holocaust survivor

[How to practice emotional first aid, Guy Winch Ted Talk](#)

[Marsha Linehan Teaches Wise Mind](#)

[MARSHA LINEHAN - How She Learned Radical Acceptance](#)

[WISE MIND ACCEPTS](#)

[The Power of Mindfulness: What You Practice Grows Stronger | Shauna Shapiro | TEDxWashingtonSquare](#)