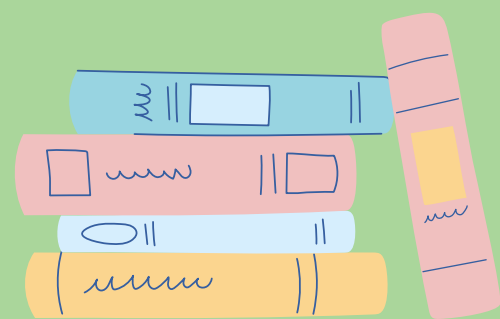


Be kind to your mind

Consider this your anzuk wellbeing catalogue, where you can find resources that consultants have chosen that support well-being, resilience, grit, personal growth, and mindfulness. Click on a resource to learn more.



books



podcasts

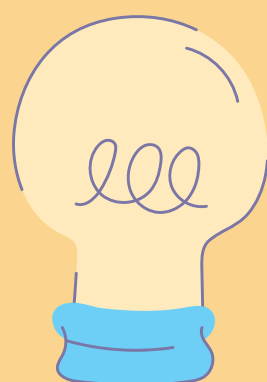


websites



apps

**exceptional.
talent LMS**



exercise



**pdf
resources**

**call
hotlines**



books

- The Slight Edge By Jeff Olson
- Emotional Agility By Susan David
- The Gifts of Imperfection By Brené Brown
- Happiest Man on Earth By Eddie Jaku
- The Book of Joy By Dalai Lama, Desmond Tutu & Carlton Abrams
- Rich Dad Poor Dad By Robert Kiyosaki and Sharon Lechter
- The Obstacle is the way By Ryan Holiday
- 12 Rules for life By Jordan Peterson
- Breath by James Nestor
- Discipline Equals Freedom By Jocko Willink
- Stillness is the Key By Ryan Holiday
- Thanks a Thousand By A.J Jacobs
- Finding Ultra By Rich Roll
- Option B By Sheryl Sandberg
- Essentialism: The Disciplined Pursuit of Less By Greg McKeown
- Tools of Titans By Tim Ferriss
- Tribe of Mentors: Short life advice from the best in the world By Tim Ferriss
- Sapiens: A Brief History of Humankind By Yuval Noah Harari
- Digital Minimalism: Choosing a focused life in a noisy world By Cal Newport
- The Alchemist By Paulo Coelho



podcasts

- Super Soul Podcast
- Unlocking Us Podcast – Brené Brown
- The Andy Stanley Leadership Podcast
- The Tim Ferriss Show
- On Purpose Podcast – Jay Shetty
- Impact Theory Podcast
- The Huberman Lab Podcast by Andrew Huberman
- Rich Roll Podcast by Rich Roll
- Extremes Podcast
- Deliciously Ella



websites

- [The Resilience Project](#)
- [Managing lockdown fatigue](#)
- [Your 5-day gratitude challenge: 5 exercises to increase your gratefulness](#)
- [Andy Puddicombe: All it takes is 10 mindful minutes](#)
- [Activities for a stronger mental wellbeing](#)
- [If You're Struggling Right Now, This Is For You](#)



apps



- Headspace



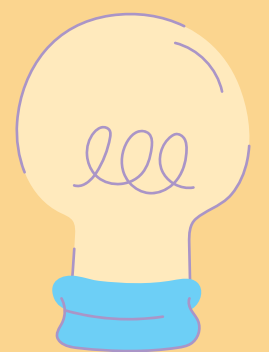
- Happify App



- Calm

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- Creativity & Growth Mindset
- Vulnerability
- Inspiring Trust and Change
- Just Breath
- Resilience and Stress Management
- Having Challenging Conversations



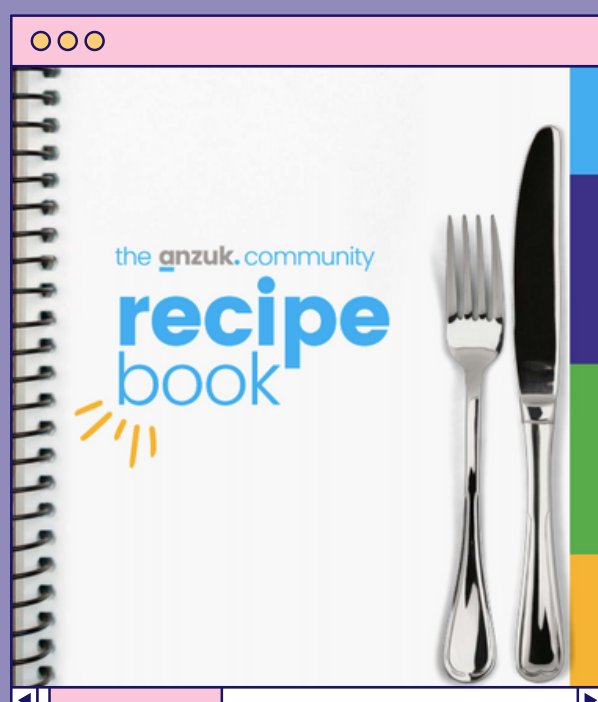
exercise

- Walking – Go through local park or oval to be in nature
- Running – Couch to 5k is an app to follow along if you're just getting started
- Sprint training
- At home workouts:
 - www.shonavertue.com/
 - www.beardthebestyoucanbe.com/
 - www.yogawithadriene.com/
 - www.youtube.com/c/MoveWithNicole



pdf resources

- Anzuk Cook Book PDF



- Wellbeing challenge PDF



- Happiness Chemicals PDF



call hotlines

It's also okay to not be okay,
So here are some organisations that can help:

- Lifeline on 13 11 14
- Beyond Blue on 1300 224 636
- MensLine Australia on 1300 789 978
- Suicide Call Back Service on 1300 659 467
- Kids Helpline on 1800 551 800
- Headspace on 1800 650 890
- QLife on 1800 184 527

