

Resource List from Deconstructing Stigma Webinar on 9/7/17

- Headspace app ([headspace.com](https://www.headspace.com))
 - Provides guided meditation
- Think app
 - This is more geared towards younger kids. Parents can record their own voices saying affirmations, with relaxing music
- The Mighty website ([themighty.com](https://www.themighty.com))
 - Publishes real stories by real people facing real challenges
- *The Happiness Trap: How to Stop Struggling and Start Living: A guide to ACT*, by Russ Harris
 - <https://www.amazon.com/Happiness-Trap-Struggling-Start-Living/dp/1590305841>
- *Furiously Happy: A Funny Book About Horrible Things*, by Jenny Lawson
 - A memoir about a woman living with mental illness. She somehow brings humor to living with mental illness
- Reddit: r/BPD and r/BPDSOFFA
 - use at your own caution, other subreddits like to bash those with BPD and can occasionally pop up in these spaces
- Apps: Calm (www.calm.com)
 - meditation app like Headspace
- Instagram:
 - @abiihilton @the_bipolar_barbie @bodyposipanda (for ED recovery/body positivity)
- Songs: "Habits (Stay High)" by Tove Lo and "Liability" by Lorde
 - These songs seem to describe the key elements of BPD perfectly ...and they're just good songs
- And of all places... Wikipedia and Google!
 - To find research studies and psychology journal publications, as well as education on BPD clinical items

Autobiography in Five Short Chapters

Chapter I

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It takes forever to find a way out.

Chapter II

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in the same place. But it isn't my fault. It still takes a long time to get out.

Chapter III

I walk down the same street. There is a deep hole in the sidewalk. I see it is still there. I still fall in – it's a habit. My eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter IV

I walk down the same street. There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.

By Portia Nelson