

## **Marietta College Mental Health and Substance Use On-Line and Video Resources**

Please use these videos and websites for informational purposes only. These videos and websites are not intended to diagnose or treat any condition. Contact the Center for Health and Wellness or reach out to other qualified mental health professionals if you are struggling.

The Center for Health and Wellness does not endorse any books or other resources promoted in any of the videos or websites.

### **A. General**

#### **a. “There’s No Shame in Taking Care of Your Mental Health”**

[https://www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health?referrer=playlist-the\\_struggle\\_of\\_mental\\_health&autoplay=true](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health?referrer=playlist-the_struggle_of_mental_health&autoplay=true)

How to handle anxiety in a society that’s uncomfortable with emotions. As the presenter Sangu Delle says: “Being honest about how you feel doesn’t make us weak, it makes us human.”

#### **b. “Mental Health in College”**

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Young-Adults/Mental-Health-in-College>

NAMI (National Alliance on Mental Illness) website with information and resources to help college students navigate mental health challenges with adjusting to college life.

### **B. Anxiety**

#### **a. “How to Cope with Anxiety”**

[https://www.ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_anxiety?language=en](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety?language=en)

Olivia Remes lays out a roadmap on how to get rid of that “someone in your mind” pointing out everything you are doing wrong and how to be kinder to yourself.

**b. “Overcome Anxiety in 7 Minutes”**

[https://www.ted.com/talks/mel\\_schwartz\\_overcome\\_anxiety\\_in\\_7\\_minutes?language=en](https://www.ted.com/talks/mel_schwartz_overcome_anxiety_in_7_minutes?language=en)

Psychotherapist and author Mel Schwartz shares his perspective on overcoming anxiety. He proposes that anxiety is often due to our relationship with our thoughts; these are thoughts that are perpetually seeking certainty. The more we try to know the future – which is of course unknowable – the more fearful and anxious we feel. He demonstrates how to shift our relationship with uncertainty and embrace the unknown, freeing us from the grip of anxiety.

**c. “Facing Anxiety – Students Share How They Cope and How Campuses Can Help”**

<https://www.chronicle.com/article/facing-anxiety/>

Five college students share how they cope with anxiety, what they’d like their professors to know, and what their peers need to hear.

**d. “A Reason to Stop Worrying – Watch This Whenever You’re Stressed or Anxious”**

<https://www.youtube.com/watch?v=4Tm6Z1y3h94>

A unique existential perspective on how to manage stress and anxiety by realizing “you are on a rock (earth) in a solar system in a galaxy in a universe... and how to do your best to find enjoyment in life and move on.”

**e. “Mindfulness for Anxiety”**

[https://www.youtube.com/watch?v=GjkwrvI\\_Lj0](https://www.youtube.com/watch?v=GjkwrvI_Lj0)

Emma McAdam, licensed Marriage and Family Therapist, discusses the benefits of mindfulness and offers 2 activities on how mindfulness can calm your body and reduce anxiety.

**C. Stress**

**a. “Empowering Students to Shift Their Thinking in Times of Stress”**

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

Dustin Miller, PhD, discusses how to shift your thinking and how parents and others can help students shift their thinking to better balance work and life.

**b. “All it Takes is 10 Mindful Minutes”**

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in strange positions.)

**c. “Why You Should Take A Break: Prioritizing Mental Health in Schools”**

[https://www.youtube.com/watch?v=vD0w\\_gOEBUI](https://www.youtube.com/watch?v=vD0w_gOEBUI)

Hailey Hardcastle is a freshman at the University of Oregon and a student mental health advocate. She provides insight on student mental health on what’s going on, how did we get here, and what can we do

**d. “The Effects of Stress on Student Performance”**

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

Caroline Centeno, high school student advocate for mental health, discusses how poor mental health affects academic performance. A little stress / pressure can be helpful, too much causes burnout and lack of motivation. Listen to your body, know your limits, allow yourself to take a break to reduce stress level.

**D. Panic Attacks**

**a. “My System for Stopping Anxiety Attacks: 5 Steps, 20+ Skills for Panic Attacks”**

<https://www.youtube.com/watch?v=JA86YOd4zx4>

Emma McAdam, licensed marriage and family therapist, discusses what feeds anxiety, various skills and tools that may help calm an anxiety attack, and how to prevent anxiety attacks by creating a plan to manage the anxiety.

**b. “So, You’re Having an Anxiety Attack (The Calm-Down Method for Stopping Anxiety Attacks)”**

<https://www.youtube.com/watch?v=WGG7MGgptxE>

Emma McAdam, licensed marriage and family therapist, walks you through the process to calm down when you are having an anxiety attack.

**c. “Having a Panic Attack? The Anti-Struggle Technique – A Guided Walkthrough to Stop a Panic Attack”**

<https://www.youtube.com/watch?v=2CQpyA485wc>

Emma McAdam, licensed marriage and family therapist, walks you through the process to calm down when you are having an anxiety attack.

If you’re right in the middle of a panic attack, this video is for you. For many people, a panic attack feels like a lot of intense physical symptoms. Maybe your heart is pounding, you feel faint or tingly, you’re afraid that you’re going to pass out or have a heart attack. In this video Emma McAdam, licensed marriage and family therapist, walks you through how to know if it’s anxiety causing those symptoms and some practical steps to “roll with it” and stop the panic cycle. It’s important to remind yourself you are safe and this will pass.

**E. College Advice/Assimilation**

**a. “Class of 2027 Needs to Watch This”**

<https://www.youtube.com/watch?v=3ErErK1wRDM>

A must watch for all incoming college freshman. University of Texas students share their thoughts on what they wish they knew before coming to college.

**b. “How to Make Friends and Get Involved Your Freshman Year at College”**

<https://www.youtube.com/watch?v=krN1ePWebXA>

Ohio State University student, Marissa Nicole, encourages college freshman to take advantage of campus events such as the involvement fair to learn about campus clubs and organizations and she shares some tips on how to meet people.

**c. “What They Don’t Tell You About Freshman Year of College”**

<https://www.youtube.com/watch?v=XAzAnaF1zP8>

Riley Rehl shares about some of her good and not so good experiences from her freshman year at college and how she was able to learn from some her trials and difficult experiences.

**d. “Dear College Freshman... To Those Who are Nervous, Anxious, Scared to Move In”**

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

UNC Wilmington college student, Sophia, provides a “pep talk” and shares her apprehension and feeling nervous about coming to college as a freshman and how after some time, she adjusted and eventually settled into college.

**F. Burnout**

**a. “7 Signs You’re Dealing with Burnout”**

<https://www.youtube.com/watch?v=GieO8ul58tM>

This video describes 7 of the most common signs and symptoms of burnout.

**b. “How to Deal with Student Burnout”**

[https://www.youtube.com/watch?v=qd\\_mRapoPtg](https://www.youtube.com/watch?v=qd_mRapoPtg)

This video discusses the causes of burnout in college and tips on how to avoid and reduce burnout.

**c. “Let’s Talk Study Burnout: Early Signs of Burnout, Prevention, & Coping”**

<https://www.youtube.com/watch?v=2yIU8fnbvWQ>

It's perfectly normal to feel tired during your exam period, but if you're completely and utterly exhausted and unable to focus, you might be dealing with something more serious. If you believe to be suffering from or on the brink of academic burnout – this video provides some of the early signs to watch out for, how to deal with them, and how to prevent study burnout moving forward.

**d. “6 Signs You’re Burnt Out Not Lazy”**

<https://www.youtube.com/watch?v=MLuJ249WnkE>

There's actually a lot of overlap between laziness and burnout that can make it difficult to differentiate between the two. Burnout is defined as “a negative state of emotional, physical, and mental exhaustion caused by excessive stress and an inability to cope with it.” This video explains the difference between laziness and burnout, signs specifically associated with burnout and phases of burnout.

**G. Habits**

**a. “A Simple Way to Break a Bad Habit”**

<https://www.youtube.com/watch?v=-moW9jvMr4>

Psychiatrist Judson Brewer studies the relationship between mindfulness and addiction — from smoking to overeating to all those other things we do even though we know they're bad for us. Learn more about the mechanism of habit development and discover a simple but profound tactic that might help you beat your next urge to smoke, snack or check a text while driving.

**b. “4 Steps to break a Habit”**

<https://www.youtube.com/watch?v=qdZHLc MJ8k>

Dr. Judson Brewer explains 4 steps to break a habit using “RAIN” – recognize, acceptance, investigate, and note.

**c. “How to Break a Bad Habit”**

[https://www.youtube.com/watch?v=rrwd2\\_UkmNw](https://www.youtube.com/watch?v=rrwd2_UkmNw)

Mitchell Moffit shares how to use “cues and rewards to break / change habits or create a new habit. Video sponsored by Blue Apron.

**d. “How to Break Bad Habits”**

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

This video describes how habits are formed through repetition and positive reinforcement and shares a 4 step-method to change a bad habit.

## **H. Depression**

**a. “Depression”**

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>

NAMI (National Alliance on Mental Illness) website with information on Depression including an overview, treatment, and support opportunities.

**b. “Kevin Breel: Confessions of a Depressed Comic”**

<https://www.youtube.com/watch?v=C3yqXeLJ0Kg>

Kevin Breel is a writer, comedian, and mental health activist. In this emotional talk, Kevin speaks from the heart about his story with depression, how it's impacted his life, and why he is ultimately grateful for it.

**c. “Tips to Beat Depression in College”**

<https://www.onlineschoolscenter.com/tips-beat-depression-college/>

This website describes the types and symptoms of depression and provides information on how college students can manage depression.

**d. “The Myth of Chemical Imbalance: What Causes Depression (Lost Connections Part 1)”**

<https://www.youtube.com/watch?v=Tr1sOJn8Z1Y>

Emma McAdam, licensed marriage and family therapist, discusses Johann Hari's bestselling book "Lost Connections" and some of the misconceptions about simplifying the cause of depression only as a chemical imbalance in the brain and looking at the biopsychosocial model for depression.

**e. "The 9 Causes of Depression (Lost Connections Part 2)"**

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

Emma McAdam, licensed marriage and family therapist, discusses Johann Hari's bestselling book "Lost Connections" and his take on the causes of depression and how it can be a combination of biological, psychological, and social factors. McAdam elaborates on the 9 social causes of depression Hari writes about in his book and his solutions.

**I. Grief/Loss**

**a. "Heal Grief – Coping with Grief in College"**

<https://healgrief.org/actively-moving-forward/coping-grief-college/>

The Heal Grief website provides community, support and connections to help college students cope with grief.

**b. "Heal Grief – Actively Moving Forward (AMP) App"**

<https://healgrief.org/actively-moving-forward/>

The Actively Moving Forward (AMF) app is a national network created in response to the needs of grieving young adults to help them "actively move forward" in memory of the person(s) they lost and navigate through the grieving process.

**c. "Death, Grief, and the College Student"**

<https://www.youtube.com/watch?v=ZfHdV2DLD6E>

Darcy Anderson presents to a group of educators and shares her grief experience as a college student and discusses how higher education can



learn how to better serve college students in a death and grief avoidant culture.

## **J. Loneliness**

### **a. “How Loneliness Impacts the Immune System”**

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

Emma McAdam, licensed Marriage and Family Therapist, discusses how loneliness impacts the immune system, mental health, and physical health in dramatic ways and ways you can counteract its effects through intentional social connection.

### **b. “The Science of Feeling Lonely & How to Overcome It”**

<https://www.youtube.com/watch?v=F3utpgoJaAk>

Dr. Sue Varma discusses the difference between loneliness vs social isolation and how to be a compassionate listener to others.

### **c. “How to Get Rid of Loneliness and Become Happy”**

<https://www.youtube.com/watch?v=vZT-bB66ilk>

Olivia Remes shares her insights on loneliness, its effect on our immune system, and strategies to overcome loneliness.

## **K. Sleep**

### **a. “Why Healthy Sleep is Crucial for Academic Success”**

<https://www.youtube.com/watch?v=bom6ZrVwGlc>

This video explains the role of sleep in memory formation and cognitive function, addresses the adverse effects of sleep deprivation, and debunks some of the common beliefs about all-nighters and studying.

### **b. “Importance of Sleep”**

[https://www.youtube.com/watch?v=zD8FtKtcl\\_o](https://www.youtube.com/watch?v=zD8FtKtcl_o)

<https://algonquincollege.libguides.com/studyskills/sleep>

This short video along with activities and modules created by Algonquin College will help college students focus on 3 aspects important with sleep: sleep matters, sleep habits, and sleep strategies.

**c. “Why Do We Sleep”**

<https://www.youtube.com/watch?v=LWULB9Aoopc>

Russell Foster is a circadian neuroscientist: He studies the sleep cycles of the brain. And he asks: What do we know about sleep? Not a lot, it turns out, for something we do with one-third of our lives. In this talk, Foster shares three popular theories about why we sleep, busts some myths about how much sleep we need at different ages -- and hints at some bold new uses of sleep as a predictor of mental health.

**d. “What Causes Insomnia”**

<https://www.youtube.com/watch?v=j5Sl8LyI7k8>

Dan Kwartler discusses the science of insomnia and ways to break the cycle of insomnia.

**L. Alcohol/Drug Abuse**

**a. “The Surprising Way Alcohol Makes Your Brain More Anxious”**

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

Amber Hollingsworth, a Licensed Professional Counselor (LPC) and Master Addiction Counselor (MAC), talks about how alcohol gives you an initial false feeling of calm and feels like it is helping, but can eventually trap you in an unproductive cycle. It can make you replay negative memories and be unable to move forward and can result in alcohol dependency and addiction.

**b. “The Stigma of Addiction”**

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

Tony Huffman, former BMX Elite Pro, shares his personal story with addiction and recovery and how he has dedicated his life to bringing awareness around the country by describing the dangers of prescription pills and heroin, as well as advocating a shift in thinking towards the stigma of addiction.

## **M. Suicide**

### **a. “How to Start a Conversation About Suicide”**

[https://www.ted.com/talks/jeremy\\_forbes\\_how\\_to\\_start\\_a\\_conversation\\_about\\_suicide?referrer=playlist-the\\_struggle\\_of\\_mental\\_health&autoplay=true](https://www.ted.com/talks/jeremy_forbes_how_to_start_a_conversation_about_suicide?referrer=playlist-the_struggle_of_mental_health&autoplay=true)

Australian Jeremy Ford shares his personal story with how he took a community approach to create an environment for “traditionally silent men and women” to be more comfortable talking about their mental health concerns and suicidal thoughts.

### **b. “Now Means Now”**

<https://nowmattersnow.org/>

Website providing skills and support for coping with suicidal thoughts.

### **c. “Suicide Prevention Treatment”**

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

PsychHub provides a brief explanation of effective treatments for individuals struggling with suicidal thoughts.

### **d. “How to Talk About Suicidal Thoughts: Simple Strategies for Parents and Friends**

<https://www.youtube.com/watch?v=JLX4SqT7H-c>

Emma McAdam, licensed marriage and family therapist, provides resources for suicide prevention, information on where you can get personalized support, and info about the risk factors for suicide and warning factors. And it provides parents with what to say and what not to say to a child who tells them that they are feeling suicidal.

**e. “What is Suicidal Ideation?”**

<https://www.youtube.com/watch?v=AecNqFk8glo>

PsychHub provides information on how to approach someone that is struggling and having suicidal ideations.

**f. “Survivor of Suicide Loss: A Title I Never Wanted”**

<https://www.youtube.com/watch?v=liCZp6gknJ0>

Wendy Mamer, an admission professional in higher education, shares her personal story with her dad’s death by suicide when she was 23 years old. Talking about suicide is hard and learning how to survive suicide loss is even harder. But how often is the hard thing to do, the right thing to do? Wendy’s talk will demonstrate the crossroads of love and loss and the importance of acknowledging what you feel. Wendy deeply believes that in order to move forward, we must first end the stigma that is holding us back.

**N. Self-Harm**

**a. “Self-Harm”**

<https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Self-harm>

NAMI (National Alliance on Mental Illness) website with information on Self-harm including: what is self-harm, why someone may self-harm, and how to help someone.

**b. “Self-Harm and Self-Care: Tips on How to Cope”**

<https://www.youtube.com/watch?v=dtl5zaHicq8&t=19s>

This video describes self-harm and shares some healthy self-care coping mechanisms as an alternative to self-harm.

**c. “Cutting. Let’s Talk About Self-Harm (And 4 Ways You Can Help)”**

<https://www.youtube.com/watch?v=-5Z4cLwd698>

Emma McAdam, licensed marriage and family therapist, discusses self-harm and why people cut themselves, how to recognize it, and how to help someone.

## O. Trauma

- a. **“Why Are Trauma Memories So Different From Other Memories: How PTSD Affects Memory”**

<https://www.youtube.com/watch?v=SRSOjYnFak8>

Licensed Marriage and Family Therapist, Emma McAdam, talks about how PTSD and Trauma memories stay vivid over time and 3 things you can do to soften traumatic memories. The ability to soften these memories can lead to finding deeper meaning and exemplifies the power of the brain.

- b. **“4 Ways to Heal From Your Past (Traumatic Memories Part 2)”**

<https://www.youtube.com/watch?v=xIYmr2NmdvQ>

Emma McAdam, Licensed Marriage and Family Therapist, explains the difference between memories and traumatic memories. This understanding, coupled with her unique process, aids in the processing of painful memories to relieve anxiety in your present life.

- c. **“Triggers: How to Stop Being Triggered: PTSD and Trauma Recovery #1**

[https://www.youtube.com/watch?v=2diE\\_SuSQAaw](https://www.youtube.com/watch?v=2diE_SuSQAaw)

Triggers, also known as “paired associations,” develop when our brains link an object or event with the flight/fright/freeze response leading to avoidance of object or event. In this video, Emma McAdam, a Licensed Marriage and Family Therapist, teaches us how to recognize triggers and overcome them through a simple, psychology-based approach.

## P. Dating/Intimate Partner Violence

- a. **“The Truth About Domestic Violence on College Campuses”**

<https://hawcdv.org/the-truth-about-domestic-violence-on-college-campuses/>

Healing Abuse Working for Change (HAWC) website offers resources and educational material for individuals that have experienced sexual assault or intimate partner violent at college.

**b. “Title IX #7: Intimate Partner Violence”**

<https://www.youtube.com/watch?v=ucNhKKzV3Rk>

Red flags and signs to look for that relationship is abusive and resources on college campuses through Title IX.

**c. “Why Domestic Violence Victims Don’t Leave”**

<https://www.youtube.com/watch?v=V1yW5IsnSjo>

Leslie Morgan Steiner was in "crazy love" -- that is, madly in love with a man who routinely abused her and threatened her life. Steiner tells the dark story of her relationship, correcting misconceptions many people hold about victims of domestic violence, and explaining how we can all help break the silence.

**Q. Sexual Assault/Violence**

**a. “Sexual Assault Website”**

<https://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. This website provides statistics and resources for those who have been assaulted or wants to help someone who has been assaulted.

**b. “Prevention is the Key to Limiting Sexual Assault”**

<https://www.youtube.com/watch?v=uPu2jw4eRfU>

Nicole Huffman shares her personal story of sexual assault and challenges us to focus on sexual assault prevention. Nicole talks about how communication is the key to prevention. She encourages survivors to share their stories and says “transparency = prevention.”

**c. “Engaging Male Athletes in Sexual Assault Prevention”**

[https://www.youtube.com/watch?v=t7\\_xHszKws](https://www.youtube.com/watch?v=t7_xHszKws)

Eric Barthold shares his experiences as a student athlete at Colby College and how he helped change the culture on campus and raise awareness of sexual assault and violence especially among male athletes. He encourages healthy, open, and honest conversation among college male athletes and challenged his peers to change gender assumptions, use their leadership positions, and amplify their voices about sexual assault. While attending Colby College, Eric co-founded Mules Against Violence (MAV), whose mission is to raise awareness of sexual violence in the Colby community as well as challenge gender roles and sexism at Colby.

**d. “Men Need to Talk About Their Sexual Abuse”**

<https://www.youtube.com/watch?v=r4Cl0p1zIVM>

Pastor Seth Shelley shares his own story of sexual assault and encourages other men to open up about their personal stories too. Far too many men are silent about their own stories of trauma and eventual healing. It is our society's ideas around masculinity which prevent men from opening up, and steal their narratives from them. Seth reminds us, only through sharing with friends and family can healing occur.

**R. Intrusive Thoughts**

**a. “What is an Unwanted Intrusive Thought?”**

<https://www.youtube.com/watch?v=Qkl6aEksbZ8>

This video explains intrusive thoughts, feelings that can be associated with intrusive thoughts, and how to find relief from the distress caused by intrusive thoughts.

**b. “Unwanted Intrusive Thoughts”**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/unwanted-intrusive-thoughts>

The Anxiety and Depression Association of America website provides information on intrusive thoughts and how to manage them.

**c. “Intrusive Thoughts and Overthinking: The Skill of Cognitive Diffusion 20/30”**

<https://www.youtube.com/watch?v=V3vhXQy48jo>

Emma McAdam, a licensed marriage and family therapist, shares about how to use cognitive diffusion to get unstuck from your intrusive thoughts and break free from patterns of overthinking.

**S. Obsessive Compulsive Disorder (OCD)**

**a. “6 Thinking Factors that Make OCD and Anxiety Worse”**

<https://www.youtube.com/watch?v=1TcbLuyupNo>

Emma McAdam, licensed marriage and family therapist, discusses six types of thinking that feed OCD and makes it worse. She shares when you can notice these thoughts, clarify that they aren't helpful, and then replace them with something else; you actively decrease OCD symptoms.

**b. “5 Top tips for OCD”**

<https://www.youtube.com/watch?v=gbXkHPrfh6g>

Dr. Rachel Ginsberg, Assistant Director at Columbia University Clinic for Anxiety and Related Disorders, shares 5 tips on how best to live with OCD, and how to help those around you with the disorder.

**c. “The Best Way to Treat OCD (Without Medication)”**

<https://www.youtube.com/watch?v=G8KkiN8QoW4>

This short video focuses on what you can do to reduce OCD tendencies by learning to resist rituals as they come up in everyday life and intentionally confronting things that bring up that fear you are obsessing about.

**T. Eating Disorders**

**a. “The National Eating Disorders Association - NEDA” website**

<https://www.nationaleatingdisorders.org/>



The NEDA website provides education material, resources, screenings and treatment options for people struggling with eating disorders.

**b. “The Emily Program” website**

<https://www.emilyprogram.com/>

The Emily Program offers residential and day treatment locations in Columbus and Cleveland Ohio along with a virtual treatment option. The website provides education material, resources, eating disorder assessment quiz, and information on treatment options.

**c. “An Eating Disorder Specialist Explains How Trauma Creates Food Disorders”**

<https://www.youtube.com/watch?v=7VZNGgDjsMo>

Ashley McHan, eating disorder and trauma therapist, explains the underlying causes, misconceptions, similarities, and differences of eating disorders.

**d. “Explaining What Keeps Eating Disorders Going”**

<https://www.youtube.com/watch?v=B7IFpWpSgRw>

A brief excerpt from a counseling session using a Cognitive Behavioral Therapy approach to binge eating.

**U. Body Dysmorphia**

**a. “Because I’m Ugly: Body Dysmorphic Disorder (BDD) and Me”**

<https://www.youtube.com/watch?v=lopYXHID39I>

This animated video explores the challenges of living with BDD, a disorder where a person becomes very preoccupied with one or more features in their physical appearance (e.g. nose, skin, hair, etc.) and engages in time-consuming repetitive behaviors to fix or hide their perceived flaw/s (e.g. excessive mirror checking, grooming rituals, seeking reassurance etc.). The animation is built around the real-life testimony of Elias, a 17-year-old boy with BDD, whose story shows us how the condition manifests. The

animation follows his story from initial signs to full blown obsession and through his treatment and recovery process.

**b. “Lana Condor on Living with Body Dysmorphia”**

<https://www.youtube.com/watch?v=mC1p3v-6tLs>

Lana Condor, actor and dancer, shares her personal story with her struggles with body image and her journey with self-love and acceptance and how she found healthy ways to exercise and practice self-compassion to overcome her struggles.

**V. Bipolar Disorders**

**a. “Bipolar Disorder”**

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Bipolar-Disorder>

NAMI (National Alliance on Mental Illness) website with information on Bipolar disorder including an overview, treatment, and support opportunities.

**b. “A College Student with Bipolar Disorder Describes Success”**

<https://www.youtube.com/watch?v=D933-ImDasI>

Amanda Lipp, college student, shares her experiences with past trauma and bipolar disorder and learning how to understand her mental health condition and support from her family, friends, and professionals has helped her manage her mental health challenges.