

## **An Annotated Bibliography of Mental Health Resources**

### **Video Resources**

About Kids Health (Producer). (2019, October 22). *Everyday mindfulness* [Video file]. Retrieved March 6, 2021 from <https://www.youtube.com/watch?v=QTsUEOUaWpY&t=77s>

This video is a great resource to show students how to incorporate mindfulness into their daily lives. Mindfulness can be a great way to support student mental health in the classroom and/or school community. Furthermore, this video uses student-friendly language and is not done in a hard to understand, esoteric manner.

Gehart, PhD, D. R. (2020). Diane R. Gehart, PhD Youtube Page. Retrieved March 6, 2021 , from <https://www.youtube.com/c/DianeRGehartPhD/videos>

This Youtube channel can provide teachers and other mental health workers with various strategies to support the wellbeing of students in their classroom communities. There are various videos of mindfulness strategies for students that can be very helpful in promoting positive mental health in classrooms and in schools. She also has various lectures and presentations on various therapeutic techniques that are more suitable for therapists.

High Intensity Health (Producer). (2014, November 7). *Kelly Brogan & Sean Croxton Discuss Gut Health Mood* [Video file]. Retrieved March 6, 2021 , from <https://www.youtube.com/watch?v=PEgtGFYrXKo>

Dr. Kelly Brogan is a Holistic Women's Health Psychiatrist who specializes in helping women stop taking psychiatric medication by improvements in their diets. In this video, she explains the importance of building a healthy gut microbiome in relation to mental health and wellness.

How To Academy (Producer). (2019, June 28). *How to Beat Anxiety and Insomnia | Neuroscientist Matthew Walker* [Video file]. Retrieved March 6, 2021, from <https://www.youtube.com/watch?v=oyy-M6lCIQs>

Matthew Walker is a Neuroscientist who focuses on sleep. In this video we see the importance of sleep hygiene in those with anxieties and insomnia. He also discusses some strategies to improve sleep when dealing with difficulties or anxieties.

Tech Insider (Producer). (2017, December 26). *What Happens To Your Body And Brain If You Don't Get Sleep | The Human Body* [Video file]. Retrieved March 6, 2021, from

<https://www.youtube.com/watch?v=Y-8b99rGpk>

In this video, Matthew Walker describes the importance of getting sleep in order to support health outcomes. It is clear through this video (and others) how essential it is to get good sleep in order to support your physical and mental health.

### **Research Resources**

Jacka, F. N., Kremer, P. J., Berk, M., De Silva-Sanigorski, A. M., Moodie, M., Leslie, E. R., . . . Swinburn, B. A. (2011). A Prospective Study of Diet Quality and Mental Health in Adolescents (J. G. Scott, Ed.). *US National Library of Medicine National Institutes of Health*. Retrieved March 6, 2021.

This article shows the importance of healthy eating in relation to mental health in adolescents. Results show that participants with increased healthy diets were aligned with improved mental health.

Sharma, A., M.D., Madaan, V., M.D., & Petty, F. D., M.D., Ph.D. (2006). Exercise for Mental Health. *US National Library of Medicine National Institutes of Health*. Retrieved March 6, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>.

This article discusses the importance of exercise and its impact on mental health. Through this article, we see that researchers have shown a link between aerobic exercise and decreased mental health concern. They also show benefits of exercises in various other health areas.

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