



Behavioral Health Support Resources

Habit change and perspective resources, a few with specific attention to substance use

Habit Change (general)

Atomic Habits – book and website <https://jamesclear.com/atomic-habits>

UNC Chapel Hill <https://learningcenter.unc.edu/tips-and-tools/changing-habits/>

Shine– Book by Gino Wickman and Rob Dube

Tiny Habits – Book and Website <https://tinyhabits.com/>

The Four Tendencies – Book and website
<https://gretchenrubin.com/four-tendencies/>

Habit Change (substances)

Alcohol Minimalist – podcast that focuses on reducing alcohol consumption. It's not sobriety focused.

The unexpected joy of being sober – Book by Catherine Grey

Shatterproof website (Great SUD advocacy and education group– this blog is a list of their recommendations)

<https://www.shatterproof.org/blog/5-great-podcasts-about-addiction-and-recovery>

Perspective Change

The Happiness Advantage – Book and website

<https://www.shawnachor.com/books/happiness-advantage/>

The Happiness Equation – Book by Neil Pasricha

Real Self Care (written from a feminist lens but a great read for anyone who could use some help with boundaries) – Book by Dr. Pooja Lakshmin

Adding Mindfulness/Meditation

Untangle – Podcast

The One You Feed - Podcast

Practicing Mindfulness – Book by Matthew Sockolov

10% Happier – Book and website <https://www.tenpercent.com/>

The Healing Power of Breath – Book by Dr. Richard P Brown & Dr. Patricia L Gerbarg

Breath – Book and website <https://www.mrjamesnestor.com/breath-book>