

# Why Wellbeing Matters To Managers – Resources

## Resources

American Psychological Association: *Stress effects on the body*, <https://www.apa.org/topics/stress/body>

Centre for Clinical Interventions: Self compassion  
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Compassion>

Getselfhelp: *Beyond our control*, <https://www.getselfhelp.co.uk/docs/BeyondControl.pdf>

Getselfhelp: *Unhelpful Thinking Habits*  
<https://www.getselfhelp.co.uk/docs/UnhelpfulThinkingHabitsWithAlternatives.pdf>

Mind Help: *Four Pillars of Mental Health*, <https://mind.help/topic/four-pillars-of-mental-health>

National Institute of Mental Health: *I'm So Stressed Out! Fact Sheet*,  
<https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic>

Positive Group: *Stress in leaders: what's driving it and what's the impact?*  
<https://www.positivegroup.org/loop/articles/stress-in-leaders-whats-driving-it-and-whats-the-impact>

Wiest, B, *This is what self-care really means, because it's not all salt baths and chocolate cake*  
<https://thoughtcatalog.com/brianna-wiest/2023/01/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake>

## Further reading/references

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