

**GROUNDING
& DIRECTION FOR
TIRED PEOPLE
WHO CARE**

BODY

REGULATION TOOLS

Vagus nerve info!

JOY

Baby animal friends

Laughter

FRIENDS!

REST

Lama Rod:

Radical Black Buddhist

WATCH OCEAN WAVES

7 Kinds of Rest Buzzfeed

**Libby and Hoopla:
Free eBooks/audiobooks**

**Kelly Hayes' Podcast:
Movement Memos**

7 Kinds of Rest Playlist

**Kelly Hayes' Blog:
Organizing My Thoughts**

**OPERATION
OLIVE BRANCH**

**SPIRIT &
COURAGE**