



**From Me to We to Us – NENH Network
Resource List
July 22nd 2021**



Thank you so much everyone, I just loved being with you today.

Please do not hesitate to reach out if I can assist in any way.

Here are my contact details and a list of resources...

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Indigenous Resources – Wurrundjeri Woi-Wurrung Country

Go to your local council website and google **reconciliation action plan** – all have documentation, some is very well developed and super useful!

A beautiful Wurrundjeri Welcome to Country video (4 mins)

<https://youtu.be/CzLbdw3d7UU>

Qi Gong – Why it is so valuable to know and do in times like these

<https://mindmonia.com/qigong-exercises/>

<https://www.nicoleleeqigong.com.au>

(BTW Nicole Lee from South Gippsland shares much of her work freely on you tube)

<https://www.youtube.com/c/NicoleLeeQigongOfficial/videos>

Allostatic Load – When Stress becomes DISTRESS

<https://www.hrzone.com/hr-glossary/what-is-allostatic-load>

The Grant Study -12 minute video about the CRITICAL importance of relationships

<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

Engagement leads to Flow

<https://www.pursuit-of-happiness.org/history-of-happiness/mihaly-csikszentmihalyi/>

Vagus Nerve and Gut Health

<https://www.mindbodygreen.com/articles/how-to-support-vagus-nerve-for-better-gut-and-mental-health>

<https://www.dietvsdisease.org/vagus-nerve/>

Sleep is your superpower – Matt Walker

<https://www.youtube.com/watch?v=5MuIMqhT8DM>

Character Strengths – Free Questionnaire

<https://www.viacharacter.org/survey/account/register>

OPTIMISM

ABCDE of Optimism

<https://resiliencetoolkit.org.uk/wp-content/uploads/2018/01/resource-board-self-talk-and-learned-optimism.pdf>

Broaden and Build – Positive Emotions

<https://www.verywellmind.com/broaden-and-build-theory-4845903>

Here is a great eight-minute talk by the world's leading researcher on Positive Emotions, Barbara Fredrickson:

https://www.youtube.com/watch?v=Z7dFDHzV36g&feature=emb_logo

This five-minute interview with Barbara is also worth a watch:

<https://www.youtube.com/watch?v=MyfzIQH6YKI>

