

UNAPOLOGETICALLY ME

An open book is shown from a top-down perspective. The pages are folded inward from the edges, meeting at the center to form a heart shape. The book is open to two pages that appear to be a resource sheet, with text visible but slightly blurred. The background is a soft, out-of-focus light blue and white.

RESOURCE CHEAT SHEET

If you are looking for additional resources to help you on your journey towards being your authentic self, this will be helpful. This cheat sheet will cover almost every topic that will focus on your overall journey.

These include a number of websites, blogs, forums, and other useful tools. Are you ready to see what we have to offer? This is yet another bonus gift as our way of saying thank you for downloading the book.

Please note that if this cheat sheet needs any updates or suggestions, feel free to reach out. Let's get started down below.

Self-care

- **Psychology Today:** Provides a number of articles and expert advice on self-care, mental health, and well-being.
- **Self-Care Reddit:** Dedicated to discussing and sharing self-care tips and experiences.
- **Tiny Buddha:** A blog and community with a focus not only on self-care, but also mindfulness and personal growth.
- **The Calm Blog:** This blog is linked to the Calm App. It can be useful for providing insights on meditation, relaxation, and sleep.
- **Happify:** This app and website offers activities and games that can improve your emotional well-being. It is endorsed by various members of the scientific community.
- **Headspace Blog:** This provides valuable information on meditation, stress management, and mindfulness.

Practicing mindfulness

- **Mindful:** A magazine and website that focus on mindfulness. Articles and guided practices are available.
- **Insight Timer:** A meditation app that offers several guided meditations, courses, and lectures.
- **Greater Good Science Center:** Provides science-based articles and practices on mindfulness, happiness, and compassion.
- **Mindful Schools:** Features online courses and resources that teach mindfulness to people of all ages.
- **Calmful Living:** A blog with a focus on positive well-being and mindful living.
- **Mindfulness Reddit:** A community dedicated to discussing the topics of mindfulness and related topics.

Physical Well-Being Improvement

- **MyFitnessPal:** An app that can help track exercise and nutrition to help support your physical well-being.
- **Nerd Fitness:** Fitness for those that are interested in the “geek culture”. Offers exercise routines and advice on nutrition.
- **Runner’s World:** For those interested in running. These include nutrition tips and training plans.
- **Fitness Reddit:** A community that discusses routines, nutrition, and workout plans.

Mental Well-Being Improvement

- **Therapist Aid:** Provides free therapy worksheets, resources, and tools for improving your mental health.
- **Anxiety and Depression Association of America:** Provides resources and support for those who are struggling with depression and anxiety.
- **7 Cups:** Features trained listeners that will provide you free emotional support using online chat.
- **Mental Health Reddit:** Covers mental health issues, experiences, and advice topics.

Emotional Well-Being Improvement

- **Greater Good in Action:** Provides science-based practices for enhancing emotional well-being.
- **Emotional Intelligence 2.0:** Features resources and assessments for those interested in improving their emotional intelligence.
- **Emotions Anonymous:** A self-help program and support group for individuals that want to manage their emotions effectively.
- **Happier:** An app that helps you cultivate gratitude, mindfulness, and happiness.
- **Emotional Well-Being Reddit:** Discusses various topics on self-improvement including emotional well-being.

Online Communities for Various Interests

- **Meetup:** Helps you find and build local communities around shared interests and hobbies.
- **Reddit:** Offers a wide variety of subreddits for various hobbies, interests, and support groups.
- **Quora:** A Q&A website where you can follow topics, connect with experts in various fields, and ask questions for additional assistance and guidance.
- **Facebook Groups:** Join groups that are tied to your interests and passions. One search and it will lead you to a list of groups dedicated to the things you love to talk about most. And it allows you opportunities to connect with other people.
- **Discord:** A communication platform with servers dedicated to a large range of topics and communities.

We hope this resource cheat sheet has been helpful for you. It's always a good idea to have additional resources at your fingertips so you can grow to be your authentic self. You can seek advice as you continue to travel along this journey.

You can also feel free to talk about your experiences with others in places such as Reddit (and the appropriate subreddits). Thanks for checking out this resource cheat sheet. Use it wisely.