

# Post-Webinar Resource Sheet

## for: **Your Mind Matters: The Importance of Learning and Mental Wellness**

Please read through this post-webinar handout to learn more about the resources available!

### Why is this topic important?

- Learning new skills and knowledge keeps the mind active
- Understanding how the mind works encourages healthier habits
- Engaging the brain through continuous learning can reduce stress

## Resources:

### Podcasts/Talks:

**"The Psychology Podcast"** – Dr Scott Barry Kaufman explores the science of the mind.

**"Feel Better, Live More"** – Dr Rangan Chatterjee shares insights from health experts on well-being.

### Organisations:

<https://www.citylit.ac.uk/>

<https://www.mind.org.uk/>

### Books:

- **Make It Stick** – Peter C. Brown, Henry L. Roediger III & Mark A. McDaniel
- **The Brain That Changes Itself** – Norman Doidge
- **Mindset** – Carol S. Dweck

### Support & Helplines:

- **Samaritans (UK):** [samaritans.org](https://www.samaritans.org) | ☎ 116 123 – Free, 24/7 emotional support.
- **SHOUT Mental Health Text Line:** [giveusashout.org](https://www.giveusashout.org) | 📱 Text "SHOUT" to 85258



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