

## Kylie's Favourite Resources for Mental Health, Wellness & Horsemanship

### Top 10 Free Videos:

1. The Space Between Self-Esteem and Self-Compassion - <https://youtu.be/ivtZBUSplr4?feature=shared>
2. The Myth of Normal - [https://www.youtube.com/watch?v=1eTiP3ota\\_c](https://www.youtube.com/watch?v=1eTiP3ota_c)
3. The Power of Vulnerability - <https://youtu.be/iCvmsMzIF7o?feature=shared>
4. The Price of Invulnerability - <https://youtu.be/UoMXF73j0c?feature=shared>
5. Alfred & Shadow - A Short Story About Emotions - <https://youtu.be/SJOjpprbfeE?feature=shared>
6. The Anatomy of Trust - <https://brenebrown.com/videos/anatomy-trust-video/>
7. Are You a Highly Sensitive Person? [https://youtu.be/-7a\\_INeoBAA](https://youtu.be/-7a_INeoBAA)
8. ADHD - How to deal with Rejection Sensitivity - <https://youtu.be/jM3azhiOy5E?feature=shared>
9. Why Your Critics Aren't the Ones Who Count - <https://youtu.be/8-JXOnFOXQk?si=C1jkf-dnCC37R-Gp>
10. How Trauma Impacts Health Across the Lifespan (ACES) – Dr. Nadine Burke - <https://youtu.be/95ovIJ3dsNk?si=nvbVO9bvwX8bXNk1>

### Books/Audiobooks:

- Permission to Feel by Marc Brackett - <https://www.marcbrackett.com/about/book-permission-to-feel/>
- The Power of Vulnerability by Brené Brown (Audiobook) - <https://www.audible.ca/pd/The-Power-of-Vulnerability-Audiobook/B0719C2G5P>
- Men, Women and Worthiness by Brené Brown (Audiobook) - [https://www.audible.ca/pd/Men-Women-and-Worthiness-Audiobook/B07283KT6P?qid=1700804341&sr=1-1&ref\\_pageloadid=not\\_applicable&ref=a\\_search\\_c3\\_lProduct\\_1\\_1&pf\\_rd\\_p=b278ed0a-c3b2-4491-808c-7cb2190a487c&pf\\_rd\\_r=FK0CSHGV1F8Z2TV997QX&pageLoadId=Qi9xKtmDZTIXjqje&ref\\_plink=not\\_applicable&creativeId=0d6f6720-f41c-457e-a42b-8c8dceb62f2c](https://www.audible.ca/pd/Men-Women-and-Worthiness-Audiobook/B07283KT6P?qid=1700804341&sr=1-1&ref_pageloadid=not_applicable&ref=a_search_c3_lProduct_1_1&pf_rd_p=b278ed0a-c3b2-4491-808c-7cb2190a487c&pf_rd_r=FK0CSHGV1F8Z2TV997QX&pageLoadId=Qi9xKtmDZTIXjqje&ref_plink=not_applicable&creativeId=0d6f6720-f41c-457e-a42b-8c8dceb62f2c)

- The Body Keeps the Score by Bessel van der Kolk - <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>
- Why will no one play with me? by Caroline Maguire - <https://carolinemaguireauthor.com/books/why-will-no-one-play-with-me/>

### **Exploring the Enneagram:**

Free Tests Online:

- Truity - [https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gad\\_source=1&gclid=Cj0KCQiAggGrBhDtARIsAM5s0\\_m48AaTgYbVwQEPTxSJzskjVbjLUk\\_o985uqtjBExkmd1zMaCYyyFsaAkPTEALw\\_wcB](https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gad_source=1&gclid=Cj0KCQiAggGrBhDtARIsAM5s0_m48AaTgYbVwQEPTxSJzskjVbjLUk_o985uqtjBExkmd1zMaCYyyFsaAkPTEALw_wcB)
- Eclectic Energies - <https://www.eclecticenergies.com/enneagram/test>

The Liturgists Podcast (Episode 37) - <https://theliturgists.com/the-enneagram-episode-37-podcast-page/>

Book: The Complete Enneagram – 27 Paths to Greater Self-Knowledge by Beatrice Chestnut - <https://www.beatricechestnut.com/books>

### **Horse Resources:**

- YouTube: The Saskatchewan Equine Expo 2020 Series with Josh Nichol - <https://www.youtube.com/@JoshNicholAHorsemansPursuit>
- Dr. Deb Bennett's work on horse biomechanics and self-carriage - [equinestudies.org/required-reading](http://equinestudies.org/required-reading)
- The Relational Horsemanship Master Course on [JoshNichol.com](http://JoshNichol.com)