**Related Articles and Podcasts:**

**HBR Article:** <https://hbr.org/2020/01/young-workers-need-companies-to-prioritize-mental-health>

**Brene Brown’s Interview with Emily and Amelia Nagoski on the stress response cycle:**

<https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>

**Beyond Self-care: Understanding Community Care and Why It’s Important:**

<https://www.shegeeksout.com/blog/beyond-self-care-understanding-community-care-and-why-its-important/>

**Anxiety is in Your Body Not Your Mind**

<https://elemental.medium.com/anxiety-is-in-your-body-not-your-mind-93031abd14eb>

# **Unconditional Positive Regard: The Key to Powerful Relating**

# <https://www.thriveatwork.com/unconditional-positive-regard-the-key-to-powerful-relating/>

# **Proactive Microresistance in a Microaggressive World**

<https://www.facultyfocus.com/articles/academic-leadership/proactive-microresistance-in-a-microaggressive-world/>

**Referenced Books:**

**Paula Davis Burnout Book:** <https://stressandresilience.com/burnout-book/>

**Nagoski & The Stress Response Cycle (Book):**

<https://www.penguinrandomhouse.com/books/592377/burnout-by-emily-nagoski-phd-and-amelia-nagoski-dma/>