

Resources

Ted talks

- **Flow, the secret to happiness** (2004) — *Mihaly Csikszentmihalyi (Positive psychologist)*.
https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness
- **All it takes is 10 mindful minutes** (2012) — *Andy Puddicombe (Mindfulness expert)*.
https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes
- **How to make stress your friend** (2013) — *Kelly McGonigal (Health psychologist)*.
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Apps

- **Petit bamboo**, guided meditation sessions (free but paying programmes available).
- **Happify**, meditations, games and activities to reduce stress, negative thoughts and develop skills linked to mental well-being (free but paying programmes available).
- **Headspace**, meditations focusing on sleep, stress, mindfulness, etc. (chargeable programmes).
- **Bearable**, mood and symptom monitoring, diary (free, but pay programmes available).

Healthy eating apps

- **Lifesum**, meals and physical activity tracking.
- **Yuka**, food and cosmetics label scanner.
- **Yazio**, calorie counter.

Sport apps

- **Asana rebel / Yoga-Go**, Yoga.
- **Tabata timer**, interval training timer.
- **BetterMe**, every day coaching.

Sleep apps

- **Calm**, meditation, mindfulness.
- **BetterSleep**, falling asleep.
- **Sleep Cycle**, smart alarm clock.

Books

- **Les 50 règles d'or anti-burnout** (fr.) — *Latifa Gallo*.
50 rules for understanding and protecting yourself from burn-out.
- **10 minutes pour être zen** (fr.) — *Sioux Berger*.
Over 300 tips and exercises to help you regain your serenity.