



Helpful YouTube Videos, Part 2

EMOTIONS

Brené Brown

Blame https://www.youtube.com/watch?v=RZWf2_2L2v8

Empathy <https://www.youtube.com/watch?v=1Evwgu369Jw>

“Stop Giving Your Power to Critics” <https://www.youtube.com/watch?v=ouCHet8DwjE>

Navigating Unsafe Emotions <https://www.youtube.com/watch?v=NsreWfKwIhc>

SELF-AWARENESS & SELF-CONFIDENCE

Time Ferris & Brené Brown

Developing Self-Awareness https://www.youtube.com/watch?v=IRa_YuLu-9E

Brené Brown

How to “Brave the Wilderness” & Find True Belonging

<https://www.youtube.com/watch?v=A9FopgKyAfl>

Let’s Talk About Vulnerability <https://www.youtube.com/watch?v=PwMS7HI4v4c>

Gretchen Rubin

Rebel, Upholder, Questioner, or Obligor: Which One Are You?

https://www.youtube.com/watch?v=QmpWW-KibOo&list=PLMo9vqiZPs0RQa_kypIS3tchANZa-MJGO&index=4

Better Than Yesterday

Why Do Stupid People Think They’re Smart? The Dunning Kruger Effect

<https://www.youtube.com/watch?v=GJz66wm95-M>

MindSciences

How Your “Caveman” Brain Create Your Bad Habits <https://www.youtube.com/watch?v=-6LW9FsMfGk>

School of Thought

How to be Kinder to Ourselves <https://www.youtube.com/watch?v=41wMbLb9M2Q>



MINDFULNESS

AboutKidsHealth

You are Not Your Thoughts <https://www.youtube.com/watch?v=0QXmmP4psbA>

Everyday Mindfulness <https://www.youtube.com/watch?v=QTsUEOUaWpY>

Sharon Salzberg

How Mindfulness Empowers Us: An Animation <https://www.youtube.com/watch?v=vzKryaN44ss>

Wellcast

Stress Management Strategies: Ways to Unwind <https://www.youtube.com/watch?v=-GoiW9soPBk>

GRIEF

Megan Devine

How do You Help a Grieving Friend? <https://www.youtube.com/watch?v=l2zLCCRT-nE>

Brené Brown

Empathy <https://www.youtube.com/watch?v=1Ewgu369Jw>

The Grieving Process: Coping with Death <https://www.youtube.com/watch?v=gsYL4PC0hyk>

Wellcast

How to Move on and Find Closure <https://www.youtube.com/watch?v=ZIFm4IDJ7Q>

CONFLICT RESOLUTION & ANGER

Calming & De-Escalation Strategies <https://www.youtube.com/watch?v=R2PSExM-NhU>

Well Cast

Anger Management Techniques https://www.youtube.com/watch?v=BsVq5R_F6RA

The School of Life

How Not to be Angry all the Time <https://www.youtube.com/watch?v=coiCkmckjX8>

How to Best Manage Your Moods <https://www.youtube.com/watch?v=ytKCcYxUU04>

Brainy Dose

14 Effective Conflict Resolution Techniques <https://www.youtube.com/watch?v=v4sby5j4dTY>

KPR Schools

Resolving Conflict <https://www.youtube.com/watch?v=QyXFirOUeUk>



BigIdeasGrowingMinds

Non-Violent Communication by Marshal Rosenberg: Animated Book Summary

<https://www.youtube.com/watch?v=8sjA90hvnQ0>

CRITICAL THINKING & EMOTIONAL INTELLIGENCE

Macat

What is Critical Thinking <https://www.youtube.com/watch?v=HnJ1bqXUnIM>

Center for Innovation in Legal Education

Episode 1.1: What is Critical Thinking? <https://www.youtube.com/watch?v=J0yEAE5owWw>

TED-Ed

5 Tips to Improve Your Critical Thinking by Samantha Agoos

<https://www.youtube.com/watch?v=dItUGF8GdTw>

This Tool Will Help Improve Your Critical Thinking – Erick Wilberding

<https://www.youtube.com/watch?v=vNDYUlxNIAA>

The School of Life

What is Emotional Intelligence? <https://www.youtube.com/watch?v=vNDYUlxNIAA>

MindToolsVideos

Developing Emotional Intelligence <https://www.youtube.com/watch?v=vNDYUlxNIAA>

The Art of Improvement

The 10 Qualities of an Emotional Intelligent Person <https://www.youtube.com/watch?v=vNDYUlxNIAA>

ACTIVE LISTENING

AMAZE Org

Active Listening: How to Communicate Effectively <https://www.youtube.com/watch?v=vNDYUlxNIAA>

Heartlines ZA

Active Listening is a Skill! Here's How It's Done. What's Your Story?

<https://www.youtube.com/watch?v=vNDYUlxNIAA>

Spunout

6 Tips for Active Listening <https://www.youtube.com/watch?v=vNDYUlxNIAA>