

# Self-Care For Writers

## Resource List

Most of these are either free websites or are available for free through the library either as physical books, ebooks, or audiobooks via [Hoopla](#) or Libby.

### Relaxation Exercises

[Five Finger Relaxation Exercise](#)

[Square Breathing](#)

### Grounding Techniques

[Healthline 30 Grounding Techniques](#)

[Grounding techniques including videos](#)

[Sensory Calming Techniques](#) (this is on a website geared toward neurodivergent people, but these can be helpful to anyone.)

### Recommended Books

Keep Going by Austin Kleon

Steal Like an Artist by Austin Kleon

The Artist's Way by Julia Cameron (If you aren't religious, there might be too much God in this for you, but some people love it.)

Pep Talks For Writers by Grant Faulkner

Creative Visualization by Shakti Gawain

### Podcasts for Writers and Creatives

[The 14 Best Writing Podcasts](#)—All kinds of podcasts that explore different things about writing

[Magic Lessons](#) with Elizabeth Gilbert

Please contact me if you have any additional questions or concerns. I would love to hear from you at [amyarmstrongwriting@gmail.com](mailto:amyarmstrongwriting@gmail.com)