

## Related Resources

Take Care: Integrating Mental Health & Wellness Resources in an Academic Library  
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College Students of Color: Overcoming Mental Health Challenges (Primm, 2018) <https://www.nami.org/Blogs/NAMI-Blog/July-2018/College-Students-of-Color-Overcoming-Mental-Health>

Feminism is for Everybody: Passionate Politics, bell hooks. New York: Routledge, 2015.

Financial Stress, Social Supports, Gender, and Anxiety During College: A Stress-Buffering Perspective (Tran, Lam, & Legg, 2018)  
<https://doi.org/10.1177/0011000018806687>

Kripalu Center for Yoga & Health [www.kripalu.com](http://www.kripalu.com)

New Paltz Zine Library <https://hawksites.newpaltz.edu/zines/>

One in Three College Freshmen Worldwide Reports Mental Health Disorder (Auerbach et al., 2018)  
<https://www.apa.org/news/press/releases/2018/09/freshmen-mental-health>

Perfectionism Among Young People Significantly Increased Since 1980s, Study Finds (Curran & Hill, 2017)  
<https://www.apa.org/news/press/releases/2018/01/perfectionism-young-people>

Proposals for the Feminine Economy <https://sister.is/>

Sambile, A.F. (2018). Energy Exchange: The Urgency to Move from Self-Care to Community-Care in Student Affairs. *Vermont Connection*, 39(1), 32-29.

Self-Care Isn't Enough. We need community care to thrive.  
[https://mashable.com/article/community-care-versus-self-care/?fbclid=IwAR1db14i1Ftw3C0ZyfoSPOD4IbolXHNiA8myGvYL\\_MBpxmceVnRYJSbmlyw](https://mashable.com/article/community-care-versus-self-care/?fbclid=IwAR1db14i1Ftw3C0ZyfoSPOD4IbolXHNiA8myGvYL_MBpxmceVnRYJSbmlyw)

Starting the Conversation: College & Your Mental Health (NAMI & The Jed Foundation, 2016) <https://www.nami.org/collegeguide/download>

Take Care @ the Library! Zine <https://issuu.com/newpaltzzinelibrary/docs/takecare>