

# Student Mental Health & Advocacy Speaker Series



## 5 Steps To Becoming An Advocate

<https://www.youtube.com/watch?v=nIo31mMB4P8>

## How To Speak Up For Yourself

[https://www.ted.com/talks/adam\\_galinsky\\_how\\_to\\_speak\\_up\\_for\\_yourself?referrer=playlist-how\\_to\\_be\\_your\\_own\\_advocate](https://www.ted.com/talks/adam_galinsky_how_to_speak_up_for_yourself?referrer=playlist-how_to_be_your_own_advocate)

## Things Nursing Students Say: Nurse Blake – Hope this makes you laugh!

[https://www.youtube.com/watch?time\\_continue=1&v=6S59PBZw1qE&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=6S59PBZw1qE&feature=emb_logo)

## Real Stories About CBT

<https://www.anxietycanada.com/articles/real-stories-about-cbt-cognitive-behavior-therapy-3-videos-in-one/>

## Building Confidence As A New Nurse

[https://www.youtube.com/watch?v=Wd9Sv2qOqwk&feature=emb\\_logo](https://www.youtube.com/watch?v=Wd9Sv2qOqwk&feature=emb_logo)