



WELLNESS & WELLBEING RESOURCE GUIDE

The Best and Brightest has always been a platform for dialogue and education. This guide was created to help employees, executive leadership and organizations with wellness resources, articles, videos tips, and tool to help navigate the wellness landscape during these unprecedented times.

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New Ways to Stay Connected Virtually to Avoid Loneliness and Isolation

How to Cope With Loneliness During the Coronavirus Pandemic by Arlin Cuncic

<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

How to Beat Loneliness During COVID-19 by Community Health Network

<https://www.ecommunity.com/healthminute/2020/how-beat-loneliness-during-covid-19>

COVID-19: how to cope with loneliness during the coronavirus pandemic Authored by Lydia Smith • Reviewed by Dr Sarah Jarvis MBE

<https://patient.info/news-and-features/covid-19-how-to-cope-with-loneliness-during-the-coronavirus-pandemic>

How Singles Can Fight Loneliness During Social Isolation by Ashley Laderer

<https://www.talkspace.com/blog/coronavirus-isolation-loneliness-singles-social/>

Coronavirus — Anxiety and Stress Tips by Ashley Ertel, LCSW, BCD

<https://www.talkspace.com/blog/coronavirus-covid-anxiety-stress-tips/>

How to Deal with Loneliness in Today's World: Your Options for Support by Healthline

<https://www.healthline.com/health/how-to-deal-with-loneliness>

The American Loneliness Epidemic: Are Poor Social Skills to Blame? by Healthline

<https://www.healthline.com/health-news/the-american-loneliness-epidemic#1>

Coalition to End Social Isolation & Loneliness

<https://www.endsocialisolation.org/Resources>

Strategies for Coping with Isolation and Loneliness During the Coronavirus Pandemic

<https://counseling.northwestern.edu/blog/coping-isolation-loneliness-coronavirus-pandemic/>

Lonely Workers Take Twice as Much Sick Leave — Here's Why by Healthline

<https://www.healthline.com/health-news/loneliness-in-the-workplace>

Coping With Loneliness During a Pandemic: Overcoming the inner enemy that haunts us when we're isolated by Lisa Firestone Ph.D.

<https://www.psychologytoday.com/us/blog/compassion-matters/202004/coping-loneliness-during-pandemic>

Tips to Survive Social Isolation and Prevent Loneliness by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/social-isolation-loneliness-tips/>

ReachUsDetroit coordinated by Detroit Wayne Integrated Health Network

24/7 collaborative call center for individuals in crisis related to or triggered by the COVID-19 pandemic including Anxiety, Anger/Frustration, Isolation and Depression. Toll Free: 855-966-3313, <https://www.reachusdetroit.org>

Zoom Fatigue Tips to Help You Make the Most of Your Meetings

How to Combat Zoom Fatigue (Harvard Business Review) by Liz Fosslien and Mollie West Duffy

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected by Steven Hickman, Psy.D.

<https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>

Tips for Tackling Zoom Fatigue by Dianne Dickerson

<https://integratedwork.com/blog/tips-for-tackling-zoom-fatigue>

12 Tips That Actually Help with Zoom Fatigue by Kendall Walters

<https://www.vidyard.com/blog/zoom-fatigue-tips/>

10 ways to fight Zoom fatigue by Carla Rudder

<https://enterpriseproject.com/article/2020/6/zoom-fatigue-10-tips>

Zoom fatigue is real — here's why video calls are so draining by Libby Sander and Oliver Bauma

<https://ideas.ted.com/zoom-fatigue-is-real-heres-why-video-calls-are-so-draining/>

'Zoom fatigue' is taxing the brain. Here's why that happens by Julia Sklar

<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

The reason Zoom calls drain your energy by Manyu Jiang

<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

Overcoming Zoom Fatigue by Fast Company

<https://www.fastcompany.com/90490716/ill-be-right-back-how-to-protect-your-energy-during-zoom-meetings>

15 Tips for Combating Zoom Fatigue by the University of Maryland, Center for Leadership & Organizational Change

https://thebestandbrightest.com/wp-content/uploads/2020/09/Combating_Zoom_Fatigue.pdf

Renewed Life Balance - Caring for Elders and Children

Balancing Work and Elder Care Through the Coronavirus Crisis by Liz O'Donnell (Harvard Business Review)

<https://hbr.org/2020/03/balancing-work-and-elder-care-through-the-coronavirus-crisis>

Pandemic forces family members into new role: Caregivers for Elderly Loved Ones by Sindya Bhanoo (Washington Post)

https://www.washingtonpost.com/lifestyle/wellness/family-caregivers-seniors-coronavirus/2020/03/23/f7b3f9f4-6c99-11ea-a3ec-70d7479d83f0_story.html

Coronavirus' Impact on Gen X Caregivers by Ronda Kaysen, AARP

<https://www.aarp.org/caregiving/life-balance/info-2020/coronavirus-gen-x-caregivers.html>

Working At Home With Kids: How The Pandemic Is Changing The Work-Life Balance by Nick Patterson

<https://wbhm.org/2020/working-home-kids-pandemic-changing-work-life-balance/>

Talk Space - Parenting and Family Resources

<https://www.talkspace.com/blog/coronavirus-covid-parenting-family/>

7 Tips for Working From Home With Your Kids During the COVID-19 Outbreak by Cynthia V. Catchings LCSW-S

<https://www.talkspace.com/blog/coronavirus-working-from-home-tips-with-kids-children/>

Tips and Resources for Children and Parents During COVID-19 by Minnesota Department of Health

<https://www.health.state.mn.us/communities/mentalhealth/children>

Parenting Through the Pandemic: Who's Working, Who's Caring for the Kids, and What Policies Might Help by Kathryn A. Edwards, Grace Evans, Daniel Schwam

<https://www.rand.org/blog/2020/04/parenting-through-the-pandemic-whos-working-whos-caring.html>

How to Maintain a Work-Life Balance During Coronavirus by the Jefferson Center

<https://www.jcmh.org/how-to-maintain-a-work-life-balance-during-coronavirus/>

Switch Off Covid-19 Stress: 5 Ways to Achieve Work-life Balance Sunshine Farzan, Group Head of Marketing and Communications, Tricor Group

<https://www.entrepreneur.com/article/352278>

Tips for Work/Life Balance during COVID-19 by the Minnesota Department of Health

https://www.health.state.mn.us/communities/ep/behavioral/work_life.pdf

Resources to Help Families

Family Pod Match

<https://familypodmatch.com/>

Family Pod Match connects families together based on their kids' grade level and school (though ages 0-5 are also accommodated), household's COVID safety practices, and the family's childcare needs. Matched families can take turns providing childcare in their homes or decide on one home as a "homebase." The service can also be used to build up larger "school pods" of multiple families to support their school's distance learning efforts, nanny-share, emergency childcare, or simply to find an occasional playmate for kids for much-needed social interaction.

ToDoolie

<https://todoolie.com/>

ToDoolie matches you with students Helpers from your community to help meet the needs of underprivileged families looking to put their school age children into learning pods and to do odd jobs in that you need help with.

Care.com

<https://www.care.com/>

Care.com offers an array of services that enable families to find, manage and pay for care and provide employment opportunities for caregivers. These include a robust suite of safety tools and resources, easy ways for caregivers to be paid and obtain professional benefits, household tax and payroll services for families, and customized corporate benefits packages covering child care and senior care services. When children receive quality care in their critical formative years, they are on a path to achievement and success. When seniors receive quality care in their homes, healthcare costs decline with fewer hospital stays.

Employee Burnout Strategies: The New Normal and How Employees can Re-invent Themselves and Their Work

3 Tips to Avoid Work From Home (WFH) Burnout by Laura M. Giurge and Vanessa K. Bohns

<https://hbr.org/2020/04/3-tips-to-avoid-wfh-burnout>

Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic by the Center for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

How To Combat Employee Burnout While Working From Home by Martha Switzer

<https://techcouver.com/2020/05/20/how-to-combat-employee-burnout-while-working-from-home/>

6 Ways To Fight Job Burnout During COVID-19 by Hartford HealthCare

<https://healthnewshub.org/health-news-hub/top-news/6-ways-to-fight-job-burnout-during-covid-19/>

Working Remotely During COVID-19: Your Mental Health and Well-being by Center for Workplace Mental Health

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Prevent Employee Burnout During COVID-19 by Amtrust Financial

<https://amtrustfinancial.com/blog/small-business/how-to-prevent-employee-burnout-during-coronavirus>

Employee burnout on the rise since COVID-19 by Esther Shein

<https://www.techrepublic.com/article/employee-burnout-on-the-rise-since-covid-19/>

Preventing Remote Employee Burnout During the COVID-19 Pandemic by CBIZ

<https://www.cbiz.com/insights-resources/details/articleid/8265/preventing-remote-employee-burnout-during-the-covid-19-pandemic>

15 Tips to Deal With Employee Burnout as a Manager or Business Owner by Casey Slide

<https://www.moneycrashers.com/tips-deal-employee-burnout-manager-business/>

SHRM Article: How to Prevent Employee Burnout: HR professionals share their advice for minimizing worker stress and boosting retention. By Dori Meinert

<https://www.shrm.org/hr-today/news/hr-magazine/0817/pages/how-to-prevent-employee-burnout.aspx>

COVID-19 Burnout: Four Ways to Deal with It by Mark Royal, Senior Director and Val Olson, Career Coach, Korn Ferry Advisory

https://www.kornferry.com/insights/articles/coronavirus-burnout-four-ways-to-handle?utm_source=facebook&utm_medium=social&utm_term=&utm_content=article&utm_campaign=organic

4 Employee Burnout Signs and How Great Managers Respond by Cat DiStasio

<https://www.adp.com/spark/articles/2020/05/4-employee-burnout-signs-and-how-great-managers-respond.aspx>

Happiness by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/happiness/>

Executive Leadership Burnout Tools and Resources to Keep The Culture Alive

8 Simple Strategies to Avoid Leadership Burnout, by Judith Orloff

<https://real-leaders.com/8-simple-strategies-to-avoid-leadership-burnout/>

How to Overcome Leadership Burnout: Tips from Survivors by Paul Keijzer <https://www.business2community.com/leadership/how-to-overcome-leadership-burnout-tips-from-survivors-02257329>

Preventing Leadership Burnout by Padraig Coaching & Consulting Inc.

<https://www.padraig.ca/4792/preventing-leadership-burnout/>

Three things executives can do to get ahead of leader burnout amidst Covid-19

<https://www.advisory.com/research/hr-advancement-center/expert-insights/2020/leader-burnout-covid-19>

Leadership in the COVID-19 Crisis: How leaders and organizations are navigating a new reality

<https://www.egonzehnder.com/leadership-covid-19-crisis>

4 Effective Strategies to Prevent Leadership Burnout by Paul Keijzer

<https://www.business2community.com/leadership/4-effective-strategies-to-prevent-leadership-burnout-02308674>

7 Painful Truths About Burnout and Leadership by Carey Nieuwhof

<https://careynieuwhof.com/7-truths-burnout-leadership/>

When Executives Burn Out by Harry Levinson

<https://hbr.org/1996/07/when-executives-burn-out>

Executive Coach Roundup: How to Avoid Leadership Burnout by Jody Michaels Associates

<https://www.jodymichael.com/blog/how-to-avoid-leadership-burnout/>

How to Prevent Executive Burnout and Keep Your Leader from Unraveling by Kathy Gurchiek

<https://www.shrm.org/resourcesandtools/hr-topics/organizational-and-employee-development/pages/keeping-your-leader-from-unraveling-preventing-executive-burnout.aspx>

Self Needs To Be In The Lead: A video message from Jill Ader, Chairwoman Egon Zehnder

<https://www.egonzehnder.com/what-we-do/leadership-solutions/insights/self-needs-to-be-in-the-lead>

Are Leaders and Managers Essential Workers? By Steve Dion

<https://ceoworld.biz/2020/08/08/are-leaders-and-managers-essential-workers/>

Tech Tips for Employers by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/tech-tips-for-employee-well-being/>

Human Resource Leadership Burnout Strategies to Maintain Effectiveness and Sustain a Resilient Culture

Here's How HR Managers Can Escape The 'Burnout' Bug! By All Things Talent

<https://allthingstalent.org/2018/12/01/hr-managers-burnout/>

Self-Care for HR in the Time of COVID-19 By Eliset Zapien & Liliana Arguello,

<https://www.pihra.org/pihra-news/self-care-for-hr-in-the-time-of-covid-19/>

Executive and Human Resource Leadership in the COVID-19 Crisis Resources : How leaders and organizations are navigating a new reality provided by Egon Zehnder's Leadership Solutions <https://www.egonzehnder.com/leadership-covid-19-crisis>

Performance Through Care – Why Psychological Safety and Resilience Are Key to Navigating the Crisis by Clemens Fahrbach, Anke Weidling and Dana Behrens, Egon Zehnder's Leadership Solutions

<https://www.egonzehnder.com/what-we-do/leadership-solutions/insights/performance-through-care-why-psychological-safety-and-resilience-are-key-to-navigating-the-crisis>

9 Ways to Handle HR Burnout by Rachel Bolsu

<https://blog.namely.com/blog/9-ways-to-handle-hr-burnout>

HR Must Remember its Purpose to Avoid Burnout by Rachel Muller-Heyndyk

<https://www.hrmagazine.co.uk/article-details/hr-must-remember-its-purpose-to-avoid-burnout>

What HR Managers Should Know About Stress Burnout by Matthew Davis, HR Director Aburi Composites

<https://www.hrzone.com/community/blogs/mattdavies/what-hr-managers-should-know-about-stress-burnout>

Agile HR: Leading talent through the COVID-19 crisis by Lisa B. Baird, Steven Krupp, Amy Miller and Mark Zorbas, Heidrick & Struggles

https://www.heidrick.com/Knowledge-Center/Publication/Agile_HR_Leading_talent_through_the_COVID19_crisis

5 ways the COVID-19 crisis will transform HR's role by Tim McElgunn

<https://www.hrmorning.com/articles/covid-will-transform-hr/>

To the Brink and Back: One HR Manager's Journey Through Burnout by Ingrid Vaughan

<https://peopletalkonline.ca/to-the-brink-and-back-one-hr-managers-journey-through-burnout/>

Stress Management 101: How to Keep Your HR or Employee Relations Role from Draining You By Suzanne Lucas

<https://www.hracuity.com/blog/hr-stress-management>

Resiliency in Tough Times by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/resiliency-in-tough-times/>

Safety in The Workplace: Taking Care of Your Valuable Assets

84% of employees concerned about returning to the physical workplace during COVID-19 pandemic by Security Magazine

<https://www.securitymagazine.com/articles/92891-of-employees-concerned-about-returning-to-the-physical-workplace-during-covid-19-pandemic>

Workplace Health and Safety Guidance for Employees and Staff of Businesses by Illinois Department of Public Health

<https://www.dph.illinois.gov/covid19/community-guidance/workplace-health-and-safety-guidance>

COVID-19: Businesses, Employers, and Workers: Coping tips for disrupted workers and families by Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/covid-19/employers.htm>

Interim Guidance for Businesses and Employers Responding to Coronavirus Disease by Center for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

Guidance on Preparing Workplaces for COVID-19 by OSHA

<https://www.osha.gov/Publications/OSHA3990.pdf>

The National Safety Council Safety Resources for Employers: Checklist, Wellbeing Information, Webinars and more

<https://www.nsc.org/work-safety/safety-topics/safe-actions-for-employee-returns-safer>

SAFER: Safe Actions for Employee Returns is a comprehensive initiative to guide employers through the process of safely resuming traditional work and operations created by the National Safety Council, leading safety organizations and public health experts. Safe Actions for Employee Returns: Playbooks

<https://www.nsc.org/work-safety/safety-topics/safe-actions-for-employee-returns-safer/safer-playbooks>

Return to Work Safety Tips for Employees Post COVID-19 by Nova Health

<https://www.novahealth.com/return-to-work-safety-tips-for-employees-post-covid-19/>

Return to Work: A Template for Safety Practices and Protocols by Mike Beauregard and Tony Rodriguez

<https://www.ehstoday.com/covid19/article/21130123/return-to-work-a-template-for-safety-practices-and-protocols>

Creative Ways People are Maintaining and Improving Their Physical Fitness

Daily Tips to Help Keep Your Family Active by the American Heart Association

<https://www.heart.org/en/healthy-living/fitness/getting-active/daily-tips-to-help-keep-your-family-active>

Try the 10-Minute Home Workout by the American Heart Association

<https://www.heart.org/en/healthy-living/fitness/getting-active/10-minute-home-workout>

6 Creative Ways to Stay Active at Home: Sneak in Exercise Throughout the Day with These Easy Ideas by YMCA Middle Tennessee

<https://ymcamidtn.org/healthy-living-resources/blog/6-creative-ways-stay-active-home>

Tips For Staying Active During the COVID-19 Pandemic by Wiemi Abell Douoguih, MD, Sports Medicine Medical Director, MedStar Health, Richard Y. Hinton, MD, Sports Medicine Medical Director, MedStar Health

<https://www.medstarhealth.org/medstar-blog/8-tips-for-staying-active-during-the-covid-19-pandemic/>

Exercise During Coronavirus: Tips for Staying Active by Help Guide

<https://www.helpguide.org/articles/healthy-living/exercise-during-coronavirus.htm>

How to stay fit and Active at Home by Emmanuel Stamatakis

<https://theconversation.com/how-to-stay-fit-and-active-at-home-during-the-coronavirus-self-isolation-134044>

Exercise is Essential for Well-Being During COVID-19 Pandemic by Nuvance Health

<https://www.norwalkhospital.org/hospital-network/home/novel-coronavirus-covid19-update/tips-for-coping-with-covid19/exercise-is-essential-for-wellbeing-during-covid19-pandemic>

How to stay fit and healthy during coronavirus (COVID-19) Pandemic by Antonio Faneite, Performance and health coach

<https://nutrition.org/how-to-stay-fit-and-healthy-during-coronavirus-covid-19-pandemic/>

Staying active while you're staying home by Intermountain Healthcare

<https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/covid-19-staying-active-while-youre-staying-home/>

25 Ways to Get Moving at Home Infographic

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>

15 Ways For You & Your Family to Stay Active at Home by Participation

<https://www.participaction.com/en-ca/blog/15-ways-for-you--your-family-to-stay-active-at-home>

Home Workouts for Employees by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/home-workouts-for-employees/>

Home Workouts for You and Your Kids by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/home-workouts-for-you-and-kids/>

Financial Wellness

What is Financial Wellness? By James Carlson

<https://www.corporatewellnessmagazine.com/article/what-is-financial-wellness>

What Is Financial Wellness: Setting and meeting financial expectations can improve your general well-being by Kelley Holland, Medically Reviewed by Allison Young, MD

<https://www.everydayhealth.com/wellness/united-states-of-stress/what-financial-wellness/>

8 Financial Tips for Young People Amid COVID-19

<https://www.dosomething.org/us/articles/financial-tips-for-young-people-amid-covid-19>

Worried about your finances during the coronavirus pandemic? Here are some tips.

<https://www.pbs.org/newshour/economy/worried-about-your-finances-during-the-coronavirus-pandemic-here-are-some-tips>

Protecting Your Finances During COVID-19

<https://www.consolidatedcredit.org/financial-news/financial-tips-for-a-pandemic/>

Employee Financial Wellness – All You Need to Know by Academy to Innovate HR (AIHR)

<https://www.digitalhrtech.com/employee-financial-wellness/>

The Financial Wellness Landscape: What is True Financial Wellness? By Smart Dollar

<https://www.smartdollar.com/blog/financial-wellness-landscape>

What is financial wellness and why is it Important to your employees? by Carolyn Kick

<https://www.getpeanutbutter.com/what-is-financial-wellness-why-its-important/>

Why Financial Wellness Can No Longer be an Afterthought by Nick Otto

<https://www.benefitnews.com/news/why-financial-wellness-can-no-longer-be-an-afterthought>

How Does Financial Wellness Affect Health? By Best Money Moves

<https://bestmoneymoves.com/blog/2019/07/10/how-does-financial-wellness-affect-health/>

The Importance of Financial Well-Being by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/the-importance-of-financial-well-being/>

Resource Partners

Blue Cross Blue Shield of Michigan Virtual Well-Being Resources

Blue Cross Blue Shield of Michigan Virtual Well-Being portal contains well-being articles, workout videos and meditation sessions for employers and employees. <https://www.mibluesperspectives.com>

Fitness Things and All Pro Exercise

Fitness Things and All Pro Exercise are committed to helping you achieve your fitness goals by giving the tools needed to succeed. <https://www.fitnessthings.com/our-story>

Henry Ford Health System

www.HenryFordLiveWell.com Henry Ford Health System Online Resource Center for health and wellness advice from Henry Ford experts including healthy recipes, nutrition and fitness tips, news on the latest health trends and more. <https://www.henryford.com/coronavirus/employer-resources>

Ulliance - ULLIANCE'S LIFE ADVISOR WELLNESS® PROGRAMS

Strategies for Employee Well-being Start With The Best Wellness Programs presenteeism and overall employee engagement. <https://www.ulliance.com/human-resource-services-solutions/life-advisor-wellness-programs/>

Therapy, Breathing, Meditation Videos

Empowering HR & Preventing HR Burnout Video By Maddy

https://www.youtube.com/watch?v=tWp_SBrNxwM&feature=youtu.be

CBIZ 60-minute 3 Part Series On-Demand Webinars on Navigating Remote Work & Leadership Amid COVID-19: Remote Leadership, How to Lead Your Team and the Do's and Don'ts of Working Remote

<https://www2.cbiz.com/navigating-remote-work-and-leadership-during-COVID-19-on-demand-webinar-series>

Therapist Tips for Uncertain Times: Mindfulness

https://www.youtube.com/watch?list=PLqjhaCKOldmbHjNWK7BXzOVfhw-xDWDc0&time_continue=4&v=Ly8Wyg85D78&feature=emb_logo

Henry Ford Health System Deep Breathing 3 Minute Video

<https://www.youtube.com/watch?v=ww7v8WOZIE0>

Henry Ford Health System Guided Relaxation 3 Minute Video

https://www.youtube.com/watch?v=ww7v8WOZIE0&feature=emb_logo

How to Find Balance During COVID-19 by the Jefferson Center

<https://vimeo.com/408493937/0da8019031>

Webinar: Cultivating Purpose in Uncertain Times, Presenters: Dr. Richard Davidson; Center for Healthy Minds scientist, Pelin Kesebir; Healthy Minds Innovations trainer, Stephanie Wagner; and HMI collaborator Jay Vidyarthi.

[https://www.youtube.com/watch?v=HnJGz6_DKAg&feature=youtu.be \]](https://www.youtube.com/watch?v=HnJGz6_DKAg&feature=youtu.be)

Live Guided Meditations with Richard Davidson, Center for Healthy Minds

<https://centerhealthyminds.org/news/events/live-guided-meditation-with-richard-davidson>

Practicing Resilience in Community Recordings

<https://www.pcamn.org/practicing-resilience-in-community/>

Free Online Mindfulness Courses by Mindfulness Exercise

<https://mindfulnessexercises.com/free-online-mindfulness-courses/>

Coronavirus Resource Hub for Anxiety and Stress

<https://www.talkspace.com/blog/coronavirus/>

Meditation – Bee Breathing by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/meditation-bee-breathing/>

Meditation – Mindful Moment by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/meditation-mindful-moment/>

Calm App

The Calm App is for Sleep, Meditation and Relaxation. Users will experience better sleep, lower stress, and less anxiety with guided meditations, sleep Stories, breathing programs, stretching exercises, and relaxing music.

<https://www.calm.com/>

SynBella Health and Well-being Video Library

SynBella's Health and Well-being Video Library integrates all areas of well-being to promote healthy and happy employees, it also includes ergonomics/work from home video & guides.

<https://www.synbellalearning.com/>

Corporate Wellness Organizations Associations, Institutes

Corporate Health & Wellness Association (CHWA)

<https://www.globalhealthcareresources.com/corporate-health-wellness-association>

The Corporate Health & Wellness Association (CHWA) is an international non-profit dedicated to providing education in health, wellness, and chronic disease prevention and management.

National Wellness Institute (NWI)

<https://nationalwellness.org/>

The National Wellness Institute (NWI) is the leader in providing professional development and engagement opportunities that support individuals from a variety of disciplines in promoting whole-person wellness.

WELCOA (Wellness Council of America)

<https://www.welcoa.org/>

WELCOA is one of the most respected resources for workplace wellness in America. With a membership in excess of 5,000 members, WELCOA is dedicated to improving the health and well-being of all working Americans.

American Mental Wellness Association

<https://www.americanmentalwellness.org/>

The American Mental Wellness Association is the umbrella organization which unites individuals and organizations together as one voice for mental wellness in the United States.

American Health & Wellness Association

<http://www.us-ahwa.org/about-us/>

American Health & Wellness Association is a non-profit organization focused on health and wellness for everyone in USA and the world. The Association aims to promote health and wellness, and to foster an atmosphere of education and engagement with health and wellness programs in USA and the world, and to provide a platform for the professional individuals and organizations in the field of health and wellness to share and exchange the information on technologies and products.

Rebalanced-Life Wellness Association

www.rebalanced-life.org

The distrust in the healthcare system keeps Black men from seeking care which requires a significant shift in the culture of wellness. This innovative health helps reduce health disparities and improve the Social & Health Conditions of African-American men.

American Heart Association

<https://www.heart.org/>

The American Heart Association (AHA) is a not-for-profit, voluntary health organization funded by private contributions. The Association's goal is to provide reliable information to the American public on prevention and treatment of heart disease and stroke.

Corporate Wellness Organizations Associations, Institutes *(continued)*

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/>

Founded in 1979, the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. With more than 1,800 professional mental health members (many of whom contribute blog posts, host webinars, review website content and more) ADAA is a leader in education, training, and research. More than 11 million people from around the world visit the ADAA website annually (and click on more than 38,000,000 pages) to find current treatment and evidence-based research information and to access free resources and support. Together we are changing lives.

Substance Abuse and Mental Health Services and Administration (SAMHSA)

<https://www.samhsa.gov/about-us>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Dept. of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.