



# WELLNESS & WELLBEING IN THE WORKPLACE RESOURCE GUIDE

Sponsored by:



Kapnick

LAKE TRUST

THE POWER IN ALL OF US



MarshMcLennan  
Agency



Live Happy. Live Healthy. Live NOW.



*Igniting Greatness in Companies and Their People*

866.321.1822 • [info@thebestandbrightest.com](mailto:info@thebestandbrightest.com) • [thebestandbrightest.com](http://thebestandbrightest.com)

# TABLE OF CONTENTS

<b>Ways to Connect to Avoid Loneliness . . . . .</b>	<b>3</b>
<b>Meeting Fatigue Tips to Help Make the Most of Your Meetings . . .</b>	<b>5</b>
<b>Renewed Life Balance - Caring for Elders and Children . . . . .</b>	<b>7</b>
<b>Employee Burnout Strategies. . . . .</b>	<b>9</b>
<b>Leadership Burnout Tools and Resources to Keep The Culture Alive . . . . .</b>	<b>11</b>
<b>Human Resource Burnout Strategies. . . . .</b>	<b>13</b>
<b>How to Maintain &amp; Improve Physical Fitness. . . . .</b>	<b>14</b>
<b>Financial Wellness. . . . .</b>	<b>15</b>
<b>Resource Partners . . . . .</b>	<b>16</b>
<b>Breathing and Meditation Videos. . . . .</b>	<b>17</b>
<b>Corporate Wellness Organizations, Associations, Institutes . . . . .</b>	<b>19</b>

*The Best & Brightest is not endorsing any third party or opinions. This material is for informational purposes only and is not legal or business advice.*



# Ways to Connect to Avoid Loneliness

**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>

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

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

**Loneliness and Social Isolation — Tips for Staying Connected by the National Institute on Aging (NIA)**

<https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>

**Stay Connected to Combat Loneliness and Social Isolation by the National Institute on Aging (NIA)**

<https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation>

**Fight Loneliness by Expanding Your Circle of Concern, Medically reviewed by Scientific Advisory Board — Written by Psych Central Guest Author**

<https://psychcentral.com/blog/fight-loneliness-by-expanding-your-circle-of-concern#2>

**How to Stay Connected to Loved Ones Despite Social Distancing: Get creative in strengthening bonds and preserve mental health by Cleveland Clinic**

<https://mhanational.org/stay-connected>

**Social Support: Getting and Staying Connected by Mental Health America**

[https://thebestandbrightest.com/wp-content/uploads/2020/09/Combating\\_Zoom\\_Fatigue.pdf](https://thebestandbrightest.com/wp-content/uploads/2020/09/Combating_Zoom_Fatigue.pdf)

**Why Connection is Important for Mental Health by Agape Treatment Center**

<https://www.agapetc.com/why-connection-is-so-important-for-mental-health/>

**12 ways to connect and help yourself feel less lonely by Aída Lopez Gomez**

<https://www.betterup.com/blog/how-to-combat-loneliness>

**The Importance of Friendships to Your Overall Well-Being**

<https://www.mibluesperspectives.com/events/the-importance-of-friendships-to-your-overall-well-being>

# Ways to Connect to Avoid Loneliness

**How to Deal with Loneliness: 5 Ways to Stop Feeling Lonely by Cigna Healthcare**

<https://www.cigna.com/knowledge-center/how-to-deal-with-loneliness>

**How To Deal With Loneliness: Seven Tips To Try by BetterHelp Editorial Team**

<https://www.betterhelp.com/advice/loneliness/7-tips-for-how-to-deal-with-loneliness/>

**I feel lonely. What can I do? By Campaigntoendloneliness.org**

<https://www.campaigntoendloneliness.org/feeling-lonely/>

**How to Overcome Loneliness According to Psychology by Melissa Madeson, Ph.D**

<https://positivepsychology.com/loneliness-psychology/>

**How to Overcome Loneliness at Work by Calm Business**

<https://business.calm.com/resources/blog/loneliness-at-work/>

**4 Steps to Walk Away From Loneliness by Mclean Hospital**

<https://www.mcleanhospital.org/essential/loneliness>

**3 ways to create community and counter loneliness by Heidi Godman, Executive Editor, Harvard Health Letter**

<https://www.health.harvard.edu/blog/3-ways-to-create-community-and-counter-loneliness-202303082900>

**How to manage your feelings of loneliness by Commonwealth Care Alliance**

<https://www.commonwealthcarealliance.org/living-well-at-home/how-to-manage-your-feelings-of-loneliness/>

**Are You Suffering From Social-Media-Induced Loneliness? By Mark Travers**

<https://www.forbes.com/sites/traversmark/2023/01/21/are-you-suffering-from-social-media-induced-loneliness/?sh=1b1fa5551431>

**Beat Loneliness and Feel Happy With These 6 Strategies By Taylor Leamey**

<https://www.cnet.com/health/mental/beat-loneliness-and-feel-happy-with-these-6-strategies/>

**New to Leadership? Here's How to Address Loneliness By Abbey Lewis**

<https://www.harvardbusiness.org/new-to-leadership-heres-how-to-address-loneliness/>

**Why You Should Talk to Strangers and the Drop 5 Virtual Weight-loss Community**

<https://www.mibluesperspectives.com/events/why-you-should-talk-to-strangers>

# Meeting Fatigue Tips to Help Make the Most of Your Meetings

**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>

**10 ways to fight Zoom fatigue by Carla Rudder**

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

**'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](https://thebestandbrightest.com/wp-content/uploads/2020/09/Combating_Zoom_Fatigue.pdf)

**20 Scientific Tips to Beat Zoom Fatigue, According to Your Personality**

**by Vanessa Van Edwards of the Science of People**

<https://www.scienceofpeople.com/zoom-fatigue/>

**Stanford researchers identify four causes for 'Zoom fatigue' and their simple fixes by Vignesh Ramachandran**

<https://news.stanford.edu/2021/02/23/four-causes-zoom-fatigue-solutions/>

**Zoom Fatigue Is Real — Here's How to Cope Medically reviewed**

**by Timothy J. Legg, Ph.D., CRNP — Written by Taneasha White**

<https://www.healthline.com/health/zoom-fatigue>

# Meeting Fatigue Tips to Help Make the Most of Your Meetings

**10 Tips to Prevent Zoom Fatigue: Why video conference calls are exhausting and what you can do about it.** By Marlynn Wei M.D., J.D., Urban Survival for Psychology Today  
<https://www.psychologytoday.com/us/blog/urban-survival/202011/10-tips-prevent-zoom-fatigue>

**6 Tips to Beat Zoom Fatigue by Blake Huggins**  
<https://thebestschools.org/magazine/how-to-beat-zoom-fatigue/>

**How to Cope With Zoom Fatigue By Krystal Jagoo, reviewed by Rachel Goldman, PhD, FTOS**  
<https://www.verywellmind.com/how-to-cope-with-zoom-fatigue-5079533>

**9 Zoom Fatigue Tips That'll Help You Hate the Video-Meeting Grind a Little Less by Carleigh Ferrante**  
<https://www.wellandgood.com/tips-zoom-fatigue/>

**Do you have 'Zoom Fatigue'? 7 ways to cope by NBC News' health editor Dr. Madelyn Fernstrom**  
<https://www.nbcnews.com/know-your-value/feature/do-you-have-zoom-fatigue-7-ways-cope-ncna1264326>

**Death by a thousand meetings: How to reduce video-call overload By Danielle Abril**  
<https://www.washingtonpost.com/technology/2023/01/25/video-calls-meeting-fatigue/>

**Focus Time and Other Tips for Avoiding Meeting Fatigue By Alecia**  
<https://spin.atomicobject.com/2023/03/05/protect-focus-time/>

**18 Zoom Fatigue Solutions for Remote Work in 2023 by teambuilding**  
<https://teambuilding.com/blog/zoom-fatigue>

**9 tips to fight meeting fatigue (plus 6 warning signs) by Kate Vogel**  
<https://www.ringcentral.com/us/en/blog/virtual-meeting-fatigue/>

**The Psychology Behind Meeting Overload by Ashley Whillans, Dave Feldman, and Damian Wisniewski**  
<https://hbr.org/2021/11/the-psychology-behind-meeting-overload>

# Renewed Life Balance - Caring for Elders and Children

**How Working Parents Can Strategically Prioritize Their Time** by Carol Hagh

<https://hbr.org/2021/04/how-working-parents-can-strategically-prioritize-their-time>

**Creative Strategies from Single Parents on Juggling Work and Family**  
by Marika Lindholm

<https://hbr.org/2021/04/creative-strategies-from-single-parents-on-juggling-work-and-family>

**Lunchtime Stress Relief Strategies** by Elizabeth Scott, MS. Fact checked  
by Adah Chung

<https://www.verywellmind.com/lunchtime-stress-relief-strategies-3955959>

**Best Time Management Apps** by Ashley Laretta

<https://www.verywellmind.com/best-time-management-apps-5116817>

**When You Should Take a Mental Health Day**

by Elizabeth Scott, MS. Reviewed by Amy Morin, LCSW

<https://www.verywellmind.com/when-and-how-to-take-a-mental-health-day-3144754>

**How Constantly Being Busy Affects Your Well-Being**, by Jodi Clarke, MA, LPC/MHSP.  
Medically reviewed by Steven Gans, MD

<https://www.verywellmind.com/how-the-glorification-of-busyness-impacts-our-well-being-4175360>

**Balancing Elder Care With Other Relationships** by Carol Bradley Bursack

<https://www.agingcare.com/articles/balancing-elder-care-with-other-relationships-133603.htm>

**6 Tips For Balancing Work and Caring For an Older Adult**

by Thrive USA Home Care Services

<https://www.thriveusahomecare.com/6-tips-for-balancing-work-and-caring-for-an-older-adult/>

**How To Balance Work, FAMILY and Caregiving.** Prepared

by Louise Franck Cyr, Extension community development specialist,

University of Maine Cooperative Extension

<https://thecaregiverfoundation.org/learn-more/how-to-series/how-to-balance-work-family-and-caregiving>

**Dr. Dayna LePlatte Discusses Caregiver Self-care Tips to Avoid Burnout and the Drop 5 Virtual Weight-loss Community**

<https://www.mibluesperspectives.com/events/dr-dayna-leplatte-discusses-caregiver-self-care-tips-to-avoid-burnout-and-the-drop-5-virtual-weight-loss-community>

# Renewed Life Balance - Caring for Elders and Children

**How to Juggle Caregiving Responsibilities and Work  
by the Mind Tools Content Team**

<https://www.mindtools.com/pages/article/juggling-career-and-care.htm>

**Balancing the Care of Aging Parents and Children by Pacific Life**

<https://www.pacificlife.com/insights-articles/balancing-the-care-of-aging-parents-and-children.html>

**9 ways sandwich-generation caregivers can manage stress  
by Sasha Brown-Worsham**

<https://www.care.com/c/stories/5326/tips-for-managing-sandwich-generation-stress/>

**Customizable Caregiving: The Innovative 2023 Workplace Trend  
by Christine Michel Carter**

<https://www.forbes.com/sites/christinecarter/2023/01/10/customizable-caregiving-the-innovative-2023-workplace-trend/?sh=561a43b4633f>

**New Research Shows Remote Work Essential For Caregivers by Dr. Gleb Tsipursky**

<https://www.forbes.com/sites/glebtsipursky/2023/01/27/new-research-shows-remote-work-essential-for-caregivers/?sh=4a9da1b84331>

**Help and Tips for Caregivers in 2023 by Janis Merrell**

<https://lifepathma.org/news/stories/1403-help-and-tips-for-caregivers-in-2023>

**Top Tips to Find a Work-Life Balance as a Family Caregiver by Anthem Homecare**

<https://anthemhomecare.com/find-a-work-life-balance-as-a-family-caregiver/>

**6 Tips For Moms To Balance Workload In 2023 by Erika Tyburski**

<https://www.forbes.com/sites/forbesbusinesscouncil/2023/02/10/6-tips-for-moms-to-balance-workload-in-2023/?sh=6a4680c24502>

**In 2023, What Does Work-Life Balance Mean? By Cara Hutto**

<https://www.inhersight.com/blog/work-life-balance/work-life-balance-meaning>

# Employee Burnout Strategies

## **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>

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

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

## **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>

## **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/>

## **Make Time for “Me Time” by Elizabeth Grace Saunders**

<https://hbr.org/2021/04/make-time-for-me-time>

## **8 Tips to Handle the Stress of Working From Home.**

by Elizabeth Scott, MS. Reviewed by Amy Morin, LCSW

<https://www.verywellmind.com/the-stress-of-working-from-home-4141174>

## **Burnout Isn't Just Exhaustion. Here's How To Deal With It**

by Rhitu Chatterjee and Andee Tagle

<https://www.npr.org/2021/03/08/974787023/burnout-isnt-just-exhaustion-heres-how-to-deal-with-it>

## **Burnout Prevention and Treatment.**

by Melinda Smith, M.A., Jeanne Segal, Ph.D., and Lawrence Robinson

<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

## **How to Avoid Burnout and Improve Your Well-Being by Seth Simonds**

<https://www.lifehack.org/articles/featured/11-simple-ways-to-avoid-burnout.html>

## **Escape Burnout: The Best Methods by Max Kimmel**

<https://oneshotfinance.com/burn-out/>

## **Staying Mindful When You're Working Remotely**

by Alyson Meister and Amanda Sinclair

<https://hbr.org/2021/03/staying-mindful-when-youre-working-remotely>

# Employee Burnout Strategies

**How to Cope With Work-From-Home Burnout. By Elizabeth Millard.**

**Medically Reviewed by Justin Laube, MD**

<https://www.everydayhealth.com/self-care/how-to-cope-with-work-from-home-burnout/>

**Managing Burnout and Compassion Fatigue Through Self-Care Strategies**

**by Michael Selbst, PhD., and Ashley Zultanky, Psy.D**

<https://behaviortherapyassociates.com/act/managing-burnout-and-compassion-fatigue-through-self-care-strategies/>

**To Curb Burnout, Design Jobs to Better Match Employees' Need**

**by Michael P. Leiter and Christina Maslach**

<https://hbr.org/2023/03/to-curb-burnout-design-jobs-to-better-match-employees-needs>

**New Outlook On Burnout For 2023: Limitations On What Managers Can Do**

**by Bryan Robinson, Ph.D.**

<https://www.forbes.com/sites/bryanrobinson/2023/02/07/new-outlook-on-burnout-for-2023-limitations-on-what-managers-can-do/?sh=16ef75043430>

**Employee Burnout in 2023: 3 Key Benefits to Help by Best Money Move**

<https://bestmoneymoves.com/blog/2023/02/10/employee-burnout-in-2023-3-key-benefits-to-help/>

**7 ways to feel better at work and avoid burnout By L'oreal Thompson Payton**

<https://fortune.com/well/2023/01/10/how-to-avoid-burnout-at-work/>

**Job burnout: How to spot it and take action by Mayo Clinic**

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

**Three ways to incorporate self-care in 2023 by Diya Motwani**

<https://fastcompany.com/recommenders/3-ways-to-incorporate-self-care-in-2023/>

**6 Ways to Prioritize Self-Care in 2023 by Brittney-Nichole Connor-Savarda**

<https://www.ei-magazine.com/post/6-ways-to-prioritize-self-care-in-2023>

**Dealing With Burnout as a Leader | Stanford Center for Health Education**

<https://www.youtube.com/watch?v=BL5Nvz4V2Tg>

**How to Work WITHOUT Burnout | Simon Sinek**

<https://www.youtube.com/watch?v=j7pOmXLg9F4>

**Come Fika with Cindy and Marissa (employer session)**

<https://www.mibluesperspectives.com/events/come-fika-with-cindy-and-marissa>

# 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/>

**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>

**4 Effective Strategies to Prevent Leadership Burnout by Paul Keijzer**

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

**The toughest leadership test. By Homayoun Hatami, Pal Erik Sjatil, and Kevin Sneader**

<https://www.mckinsey.com/featured-insights/leadership/the-toughest-leadership-test#>

# Leadership Burnout Tools and Resources to Keep The Culture Alive

**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>

**How To Talk To Your Manager About Work Burnout** by Lattice Team

<https://lattice.com/library/how-to-talk-to-your-manager-about-burnout>

**Leadership Burnouts: Engaged but Exhausted. Is that You?**  
by Talent Management Institute Editorial Team

<https://www.tmi.org/blog/leadership-burnouts-engaged-but-exhausted-is-that-you>

**Executive Coach Roundup: How to Avoid Leadership Burnout** by Jody Michael

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

**Leadership Burnout – What CEOs Need To Do To Avoid Burnout**  
by Anne Marie Kilkenny, Partner at Oliver Wight EAME

<https://www.ceotodaymagazine.com/2020/09/leadership-burnout-what-ceos-need-to-do-to-avoid-burnout/>

**Leadership Burnout: How to Overcome It** by Chaitra K

<https://www.unleash-your-leadership.com/leadership-burnout/>

**To Lead Better Under Stress, Understand Your Three Selves**  
by Tony Schwartz, Emily Pines, and Kashera Booker

<https://hbr.org/2021/03/to-lead-better-under-stress-understand-your-three-selves>

**Engaged & Exhausted: The Burnout Profile Leaders Need To Monitor** by Paula Davis

<https://www.forbes.com/sites/pauladavis/2023/02/06/engaged--exhausted-the-burnout-profile-leaders-need-to-monitor/?sh=379d287a6eb4>

**Executive Burnout Is Real — and It Can Be Reduced**  
by American Hospital Association

<https://www.aha.org/aha-center-health-innovation-market-scan/2022-12-20-executive-burnout-real-and-it-can-be-reduced>

**How Does A Leader Avoid Burnout?** by Dr. Stephen Dansiger

<https://www.youtube.com/watch?v=hf8HLtd799A>

# Human Resource Burnout Strategies

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

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

**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>

**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.hracity.com/blog/hr-stress-management>

**Why HR professionals are most at risk of burnout by Lucinda Carney**

<https://www.hrzone.com/perform/people/why-hr-professionals-are-most-at-risk-of-burnout>

**HR leaders may overlook their own burnout in efforts to support employees by Sheryl Estrada**

<https://www.hrdive.com/news/hr-leaders-may-overlook-their-own-burnout-in-efforts-to-support-employees/594344/>

**How burnout nearly ruined this exec's life by Jen Colletta**

<https://hrexecutive.com/how-burnout-nearly-ruined-this-execs-life/>

**Burnout Is a Problem for HR Professionals by Susan Ladika**

<https://www.shrm.org/hr-today/news/hr-magazine/spring2022/pages/hr-practitioners-are-coping-with-burnout.aspx>

**HRDs reveal how to prevent burnout in HR By Brett Farmiloe**

<https://www.tlnt.com/10-technique-to-help-prevent-burnout-in-hr/>

**Employee Burnout: Tackling One of the Biggest HR Issues By Concordia University**

<https://online.csp.edu/resources/article/employee-burnout/>

**Keep Burnout at Bay Through Self-Leadership | Laurie Ruettimann on HR Speaks Up**

<https://www.youtube.com/watch?v=Df9nu1KOKjY>

**Prioritizing Your Self-Care (employer session)**

<https://www.mibluesperspectives.com/virtual-webinars/employers>

# How to Maintain & Improve 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>

## 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>

## 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>

## Maintaining health while working from home: 8 tips. Medically reviewed by Jacquelyn Johnson, PsyD. Written by Mary West

<https://www.medicalnewstoday.com/articles/working-from-home-health-tips>

## Home Workout and Fitness Tips: Exercising without the Gym by Shannon Collins, PT, CMPT

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

## 7 Tips for Getting Back Into a Workout Routine if the Pandemic Disrupted Yours by Quinn Phillips. Medically Reviewed by Samuel Mackenzie, MD, PhD

<https://www.everydayhealth.com/7-tips-for-getting-back-into-a-workout-routine-if-the-pandemic-disrupted-yours/>

## 8 Pieces of Expert Fitness Advice For 2023 By Alena Hall

<https://www.forbes.com/health/body/expert-fitness-advice/>

## Jumpstart Your Fitness Journey in 2023 With These 8 Steps By Sosha Lewis

<https://www.active.com/fitness/articles/jump-starting-your-fitness-in-2022>

## Fitness program: 5 steps to get started by Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>

## 10 Exercises to Tone Every Inch of Your Body by Healthline

<https://www.healthline.com/health/fitness-exercise/10-best-exercises-everyday#Benefits-of-working-out>

## 8 Ways to Get a Workout in With a Busy Schedule by Kyle Harris

<https://www.muscleandfitness.com/workouts/workout-tips/8-ways-get-workout-busy-schedule>

## How to Exercise with a Busy Schedule by Kevin Jubbal

<https://medschoolinsiders.com/pre-med/exercise-when-busy/>

## 60 Ways to Live Longer, Stronger and Better by Nicole Pajer and Clint Carter, AARP

<http://bit.ly/40HcJuz>

## Walk Your Way to Better Health in 2023 by Penn Medicine

<https://www.chestercountyhospital.org/news/health-eliving-blog/2023/january/walk-your-way-to-better-health-in-2023>

## Learn to Ruck for Men's Health Month and the Drop 5 Virtual Weight-Loss Community Date

<https://www.mibluesperspectives.com/events/learn-to-ruck-for-men-s-health-month-and-the-drop-5-virtual-weight-loss-community-date>

# 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/>

## **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>

## **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/>

## **Financial Wellness Tips In Difficult Times by Bola Sokunbi**

<https://www.clevergirlfinance.com/blog/financial-wellness-tips/>

## **9 Financial Wellness Tips That Will Boost Your Mental Wellbeing by Emeka Oguh**

<https://peoplejoy.com/financial-wellness/>

## **8 Tips Help Establish True Financial Wellness by Bradford Ferguson, CFA**

<https://www.hffinancial.com/financial-wellness/>

## **50 Personal Finance Tips That Will Change the Way You Think About Money by Alden Wicker**

<https://www.themuse.com/advice/50-personal-finance-tips-that-will-change-the-way-you-think-about-money>

## **Financial Wellness Is Self-Care: 3 Steps to Help Improve Yours**

**by Kara Duckworth, CFP®, CDFA®**

<https://www.kiplinger.com/personal-finance/financial-wellness-steps-to-help-improve-yours>

## **Take Charge of Your Financial Well-being in 2023 by Morgan Stanley**

<https://www.morganstanley.com/atwork/articles/financial-well-being-2023>

## **Financial Wellness In 2023: How To Support Your Employees During Economic Uncertainty**

**By Marthin De Beer** <https://www.forbes.com/sites/forbesfinancecouncil/2023/02/02/financial-wellness-in-2023-how-to-support-your-employees-during-economic-uncertainty/?sh=15e7721b27e7>

## **3 ways to jump-start your financial wellness plan By Thomas Charla**

<https://blog.massmutual.com/post/2023-financial-wellness-plan>

## **2022 PwC Employee Financial Wellness Survey By PwC**

<https://www.pwc.com/us/en/services/consulting/business-transformation/library/employee-financial-wellness-survey.html>

## **Developing Healthy Money Habits for Financial Freedom and the Drop 5 Virtual Weight-loss Community**

<https://www.mibluesperspectives.com/events/developing-healthy-money-habits-for-financial-freedom-and-the-drop-5-virtual-weight-loss-community>

# 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>

Blue Cross Virtual Well-Being<sup>SM</sup> offers unique, live 30-minute webinars each week — one for employers and one for members — with authentic, science-based discussions engaging people to help them improve their overall well-being. There is also a weekly guided meditation. All webinars and meditations are also available on demand.

[www.bluecrossvirtualwellbeing.com](http://www.bluecrossvirtualwellbeing.com)

## **eMindful - Purpose-Driven Mindfulness Proven Outcomes**

eMindful delivers evidence-based mindfulness programs applied to everyday life and chronic conditions, promoting health, happiness, and performance.

<https://emindful.com/home/>

## **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](http://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>

## **Now Health Group**

Since 1968 NOW has provided value in natural products that empower people to lead healthier lives with supplements, personal care, aromatherapy, sports nutrition, healthy foods, and pet health.

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

## **Ulliance - ULLIANCE'S LIFE ADVISOR WELLNESS<sup>®</sup> 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/>

# Breathing and Meditation Videos

## **Empowering HR & Preventing HR Burnout Video By Maddy**

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

## **Therapist Tips for Uncertain Times: Mindfulness**

[https://www.youtube.com/watch?list=PLqjhaCKOldmbHjNWK7BXzOVfhv-xDWDc0&time\\_continue=4&v=Ly8Wyg85D78&feature=emb\\_logo](https://www.youtube.com/watch?list=PLqjhaCKOldmbHjNWK7BXzOVfhv-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](https://www.youtube.com/watch?v=ww7v8WOZIE0&feature=emb_logo)

## **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://mindfulnessexercisecourses.com/free-online-mindfulness-courses/>

## **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/>

## **3-minute Mindful Breathing Meditation (Relieve Stress) by MyLife**

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

# Breathing and Meditation Videos

## **Deep Breathing Meditation for Anxiety by Declutter The Mind**

<https://www.youtube.com/watch?v=xIWauKS6OIQ>

## **Guided Meditation by Memorial Hermann**

<https://www.youtube.com/watch?v=3piTw4Fk9bo>

## **Progressive Muscle Relaxation Meditation Video**

**by Counseling and Psychological Services at the University of Michigan**

<https://caps.umich.edu/article/progressive-muscle-relaxation-meditation-video>

## **Deep Breathing Exercise for Relaxation by Therapist Aid**

<https://www.youtube.com/watch?v=EYQsRBNYdPk&t=2s>

## **Lion's Breath - Foundations of Yoga by Yoga With Adriene**

<https://www.youtube.com/watch?v=xdUyHPa66A4&t=10ss>

## **Mindfulness exercise - Being in the here and now**

<https://www.youtube.com/watch?v=UEhsMowqwx4>

## **Heartbeat: A Mindfulness Exercise to Calm Your Emotions**

<https://youtu.be/3iUf73v92II>

## **Improving your daily life with mindfulness meditation**

**By Jessica Kotik • TEDxKentState**

[https://www.ted.com/talks/jessica\\_kotik\\_improving\\_your\\_daily\\_life\\_with\\_mindfulness\\_meditation](https://www.ted.com/talks/jessica_kotik_improving_your_daily_life_with_mindfulness_meditation)

## **Mindful Tasking: Mindfulness Made Easy by Kim Fisher • TEDxDallasCollege**

[https://www.ted.com/talks/kim\\_fisher\\_mindful\\_tasking\\_mindfulness\\_made\\_easy?language=en](https://www.ted.com/talks/kim_fisher_mindful_tasking_mindfulness_made_easy?language=en)

## **Meditation - Mindfulness of the Senses by BCBSM Virtual Well-Being**

<https://www.mibluesperspectives.com/events/seven-minute-meditation-mindfulness-of-the-senses>

## **Meditation - Cultivating Peace by BCBSM Virtual Well-Being**

<https://www.mibluesperspectives.com/events/ten-minute-meditation-cultivating-peace>

# 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 professional individuals and organizations in the field of health and wellness to share and exchange information on technologies and products.

## Rebalanced-Life Wellness Association

[www.rebalanced-life.org](http://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 association helps reduce health disparities and improve the Social & Health Conditions of African-American men.

# Corporate Wellness Organizations, Associations, Institutes

## 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.

## 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.

## American Diabetes Association

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

## American Holistic Medical Association (AHMA)

[www.holisticmedicine.org](http://www.holisticmedicine.org)

## American Cancer Society

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

## Frinz Care

<https://frinzcare.com/services/>