



WELLNESS & WELLBEING RESOURCE GUIDE

New Content Added May, 2021

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 tools 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>

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

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

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

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

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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

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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>

New Ways to Stay Connected Virtually to Avoid Loneliness and Isolation*

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<https://www.metrofamilymagazine.com/ways-to-stay-connected-virtually/>

Five Fun Ways To Stay Connected to Kids and Family Virtually by Allison Jarrell

<https://mynorth.com/2021/03/five-fun-ways-to-stay-connected-to-kids-and-family-virtually/>

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Social Support: Getting and Staying Connected by Mental Health America

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

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10 ways to fight Zoom fatigue by Carla Rudder

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

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'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

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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/>

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

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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

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by Rachel Goldman, PhD, FTOS

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14 Tips for Fighting Zoom Fatigue by Ryan Daly

<https://aiirconsulting.com/14-tips-for-fighting-zoom-fatigue/>

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/health/know-your-value/feature/do-you-have-zoom-fatigue-7-ways-cope-ncna1264326>

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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>

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Switch Off Covid-19 Stress: 5 Ways to Achieve Work-life Balance by 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

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<https://www.empoweringparents.com/article/sandwich-generation-stress-6-ways-to-cope-while-raising-kids-and-caring-for-elderly-parents/>

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<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

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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

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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>

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/>

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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 student 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 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.

Child Mind Institute

<https://childmind.org/audience/for-families/>

The Child Mind Institute wants to help you make good decisions for your kids and navigate the challenges of parenting. They explore the concerns and challenges they hear about most from parents and provide expert guidance on how to respond in the most effective way. If you have a child who needs support, they offer resources that can help get the best care for that child and the best outcome for your family.

Childcare.gov

<https://childcare.gov/consumer-education/support-programs>

All families share some basic needs. For example, every family needs enough income to take care of basic living expenses, pay debts, save money, and build assets. Access to education, training and well-paying employment opportunities is important, as is access to safe, affordable, and reliable banking and financial services. If you are dealing with financial stress, this section provides information about many resources that may be able to help. It covers topics like health insurance and mental health services. It also has information about basic supports, like heating assistance and food assistance, that can help your family weather a temporary crisis.

COVID-19 Resources for Individuals and Families

<https://www.fns.usda.gov/disaster/pandemic/covid-19/resources-individuals-families>

As part of the federal response to the novel Coronavirus (COVID-19), the Food and Nutrition Service plays a vital role by responding to nutrition assistance needs during this pandemic. Through state and local partners, FNS is working to ensure that children and low-income Americans maintain access to food. In addition, the consumer resources listed below are provided to help individuals and families like you during this time of exceptional need and uncertainty.

Child Care Aware of America

<https://www.childcareaware.org/resources/map/>

Want to learn more about child care in your state? Need help paying for food or health care? Our State by State Resource Map can point you in the right direction. Find local resources on child care, health and social services, financial assistance, support for children with special needs, and more.

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>

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

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

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

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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/>

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<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

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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>

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

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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>

Hitting Your ‘Pandemic Wall’? You’re Certainly Not Alone—Here Are 11 Tips to Deal from Experts by Erin Bunch

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Burnout Prevention and Treatment. By Melinda Smith, M.A., Jeanne Segal, Ph.D., and Lawrence Robinson

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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>

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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/>

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8 Simple Strategies to Avoid Leadership Burnout, by Judith Orloff

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

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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>

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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

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Tech Tips for Employers by BCBSM Virtual Well-Being

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

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

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

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<https://www.industryleadersmagazine.com/a-double-whammy-managing-executive-burnout-during-the-covid-19-crisis/>

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

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

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

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<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/>

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

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by Ruth Cornish, Co-founder and Director - HRi

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HR leaders may overlook their own burnout in efforts to support employees

by Sheryl Estrada

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by The Staff Writers at Gartner

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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>

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<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

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Workplace Safety Is the Top Priority for Business Leaders in 2021 by Environment, Health, and Safety (EHS) Daily Advisor Staff

<https://ehsdailyadvisor.blr.com/2021/02/workplace-safety-is-the-top-priority-for-business-leaders-in-2021/>

The COVID-19 Safety Protocols That Should Be in Place Before You Return to the Workplace by Dan Gray. Fact checked by Jennifer Chesak

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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

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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

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Three Fitness and Wellness Trends for 2021 by The Club Industry Staff Writer

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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>

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 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® 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

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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

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Henry Ford Health System Deep Breathing 3 Minute Video

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Henry Ford Health System Guided Relaxation 3 Minute Video

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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]

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/>

Therapy, Breathing, Meditation Videos

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>

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>

**Videos added May, 2021*

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

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.

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.

American Diabetes Association

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

American Holistic Medical Association (AHMA)

www.holisticmedicine.org

American Cancer Society

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