WELLNESS RESOURCES

Get Moving & De-Stress:

Free Area Events:

* Free morning Yoga – Wednesdays thru July 31st

<https://www.facebook.com/events/2472039299491391/>

* $5 Yoga practices

https://www.meetup.com/YogaInNatureNC/

* Wellness Wednesdays: free fitness activities at Midtown Park in Raleigh

<https://visitnorthhills.com/events/wellness-wednesdays-8/>

* Fullsteam Ahead! Run Club

Every Wednesday. 6:00pm. Fullsteam Brewery. Rain or Shine.

<http://www.bullcityrunning.com/events/fullsteam-ahead-run-club/>

Link to other running clubs: http://www.bullcityrunning.com/running-clubs/

* Hike!

Chapel Hill-

o Bolin Creek Trail

<https://www.traillink.com/trail/bolin-creek-trail-/>

Durham-

o Duke Forest

<https://www.hikingproject.com/directory/8014123/duke-forest>

o Eno River State Park

<https://www.hikingproject.com/directory/8009635/eno-river-state-park>

Triangle Area

o New Hope Overlook

<https://www.hikingproject.com/trail/7022705/new-hope-overlook-red-blue-trails>

UNC Campus Recreation:

* Group Fitness Classes (Yoga, Water Aerobics, Mind/Body, Cycling): <https://campusrec.unc.edu/programs/fitness/group-fitness-classes/>

Self-Care:

* Grounding techniques for anxiety/stress/strong emotions:

<https://lifeafterwardotorg.files.wordpress.com/2015/04/grounding_techniques-1.pdf>

* Self-care workshops thru Student Wellness: Healthy Relationships, Stress Management, Mindfulness, Make time for ZZZzzzs

<https://studentwellness.unc.edu/programs/self-care>

* Active Minds at Carolina - Campus programs and events

[http://activeminds.web.unc.edu/programs](http://activeminds.web.unc.edu/programs/)

* UNC counseling and psychological services Self-Help links

<https://caps.unc.edu/self-help>

Health & Wellness Apps:

* InsightTimer

https://insighttimer.com/

* Calm

https://www.calm.com/

* Headspace

https://www.headspace.com/

* Stop, Breathe & Think

https://www.stopbreathethink.com/

* My Possible Self

https://www.mypossibleself.com/

* Sleep Cycle

https://www.sleepcycle.com/

Wellness Youtube Videos:

* Under 10 Minute Yoga Practices Playlist: <https://www.youtube.com/watch?v=qiKJRoX_2uo&list=PLui6Eyny-UzxVP86kttdHFKVjDPjLD8_i>
* 40-60 Minutes Full Yoga Practices Playlist: <https://www.youtube.com/watch?v=GLy2rYHwUqY&list=PLui6Eyny-Uzwzd-9fi_cmhz3UW9gS1raf>
* Mindfulness Meditation - Guided 10 Minutes: <https://www.youtube.com/watch?v=6p_yaNFSYao>
* Relaxing Sounds of Nature Playlist: <https://www.youtube.com/watch?v=-K6thJUU7hc&list=PL735C37C69C6A737C>
* Meditation Music - Peaceful, Relaxing Sounds Playlist: <https://www.youtube.com/watch?v=Ggcy_4af8LY&list=PLJQrUSvEtfTiCmYCYtL9cRXF4Lv64ELi5>
* Relaxing Music, Nature Sounds & Guided Meditations Soothing Relaxation Playlist: <https://www.youtube.com/watch?v=-b4BjxrIp8o&list=PLQ_PIlf6OzqL3BE0rB6clb9IzLLkkSKUF>

Music! Mind Medicine

American Counseling Association’s Mental Health Awareness Month Relaxation Spotify Playlist:

<https://open.spotify.com/playlist/7CAqsKbLTUqv7mSdP8aMXB>

For CRMH students:

Mindful Bodies: Mental Health Grad. Students & Working Professionals Networking and Self-Care events (free)

<https://www.eventbrite.com/e/mindful-bodies-51219-mental-health-professionals-grad-students-networking-event-mothers-day-edition-tickets-54999560165?aff=ebdssbdestsearch>

SAMHSA link to a variety of ‘Wellness Worksheets’

<https://www.integration.samhsa.gov/health-wellness/wellness-strategies/WELLNESS.pdf>

Center for Integrative Therapy

<http://www.trianglecenterforintegrativetherapy.com/>

Meditation & Mindfulness

* Kosala Buddhist Center

<http://meditationinchapelhill.org/>

* Chapel Hill Zen Center

<http://www.chzc.org/#Meditation>

* [Department of Physical Medicine & Rehabilitation](http://www.med.unc.edu/phyrehab) [Program on Integrative Medicine](https://www.med.unc.edu/phyrehab/pim)

<https://www.med.unc.edu/phyrehab/pim/mindfulness-program/mindfulness-course-schedule/>

Other Mindfulness trainings and workshops: <https://www.med.unc.edu/phyrehab/pim/mindfulness-program/>

* Mindfulness Exercises

<https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf>

* 28-Day Mindfulness Challenge

<https://mindfulnessexercises.com/free-online-mindfulness-courses/28-day-mindfulness-challenge/>

* Free Mindfulness E-books

<https://mindfulnessexercises.com/mindfulness-e-books/>

* Dartmouth Relaxation Downloads
  + [Deep Breathing & Guided Relaxation](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads/deep-breathing-guided-relaxation)
  + [Mindfulness & Meditation](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads/mindfulness-meditation)
  + [Guided Imagery & Visualization](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads/guided-imagery-visualization)
  + [Progressive Muscle Relaxation](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads/progressive-muscle-relaxation)
  + [Soothing Instrumental Music](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads/soothing-instrumental-music)

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

Podcasts

* The Mental Health Today Show

<https://open.spotify.com/show/2lp2nYacygx7deyg83IIAy?si=EGQZOYjzSfu2dkTT1mw9-g>

* Savvy Psychologist

<https://open.spotify.com/show/0184ojF3hjFhKfktahQK4G?si=ODJzgfHQQ6yVSP6tIcIlTQ>

* The One You Feed

<https://open.spotify.com/show/4byxEuJGV8xnxlgoqHQxxs?si=juDaADI-Q7K28YNOw7VUQg>

* The Hardcore Self Help Podcast

<https://open.spotify.com/show/6mZBvtVxxIqcsg8URmzzGc?si=rTAtPPTyQxm7bWSHfjvDPA>