

## BE WELL Resource Hub



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Welcome to our new wellness hub! In addition to wellness resources, we'll be posting on-the-go tips and ideas on Instagram that you can put into practice as needed. Our goal is to aid our students, coaches and other medical professionals in taking care of themselves so they can give the best care to patients.

Check out the links below and visit us online to see the latest resources and offerings.

### LINKS:

#### **The Complimentary Medical Association**

[www.the-cma.org.uk](http://www.the-cma.org.uk)

Delivering Excellence in Complementary Medicine, the CMA cares deeply about their patients, clients, students and are dedicated to offering only the very best treatments and services possible in holistic and preventative health.

#### **The Greater Good Magazine**

[www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu)

Greater Good magazine is published by the Greater Good Science Center (GGSC) at the University of California, Berkeley. Since 2001, the GGSC has been at the fore of a new scientific movement to explore the roots of happy and compassionate individuals, strong social bonds, and altruistic behavior—the science of a meaningful life.

#### **The National Institutes of Health**

[www.nih.gov](http://www.nih.gov)

The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency — making important discoveries that improve health and save lives.

## **Psychology Today**

[www.psychologytoday.com/us](http://www.psychologytoday.com/us)

Psychology Today is the world's largest mental health and behavioral science destination online. It is the original and largest publishing enterprise that is exclusively dedicated to human behavior.

## **Mind Body Green**

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

Here you'll find a 360-degree approach that weaves together the mental, physical, spiritual, emotional, and environmental aspects of well-being.

## **Mayo Clinic**

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

Mayo Clinic is the largest integrated, not-for-profit medical group practice in the world. We're building the future, one where the best possible care is available to everyone — and more people can heal at home.

## **Health Line**

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

Healthline covers all facets of physical and mental health openly and objectively because we're here for the whole person — for your whole life. Whether you're here to learn more about a health condition, research a medication, tap into one of our communities, or get some tips for a healthier lifestyle, you're in the right place. You'll find content that's informative, easy to understand, and engaging.

## **Greatist**

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

We sift through the noise, delivering expert-vetted health info through a real-life lens. We're here to support and inspire, so you can take actions every day to live your best life. Whether we're talking breakfast, breathing, or brain health, you can trust that all Greatist content is evidence-based, science-backed, and expert-approved.

## **Art of Healthy Living**

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

The Art of Healthy Living is a blog dedicated to bringing you news, information, tips and advice on how to lead a healthy lifestyle. We cover health, diets, fitness and well-being as well as some articles on beauty and a bit of celebrity health news to liven things up!

## **Prevention**

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

For 70 years, the Prevention brand has been a leading provider of trustworthy health information, empowering readers with practical strategies to improve their physical, mental, and emotional well-being. With a problem-solving mission and inclusive approach, we recognize that everyone's path to wellness is unique.

## **Tiny Buddha**

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

Tiny Buddha is about reflecting on simple wisdom and learning new ways to apply it to our complex lives—complete with responsibilities, struggles, dreams, and relationships. The site features stories, tips, and insights from readers of all ages, from all over the globe.

## **My Plate**

[www.myplate.gov](http://www.myplate.gov)

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

## **Everyday Health**

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

Everyday Health's team is committed to supporting you in your journey to live a healthy life each and every day. By adhering to the highest standards for accuracy, objectivity, and balance, we create trustworthy content based on up-to-date, evidence-based health and medical information and real world patient and clinician experience to help inform you how to take control of your health.

## **Scientific American**

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

Scientific American covers the most important and exciting research, ideas and knowledge in science, health, technology, the environment and society. It is committed to sharing trustworthy knowledge, enhancing our understanding of the world, and advancing social justice.

## **Science Daily**

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

ScienceDaily features breaking news about the latest discoveries in science, health, the environment, technology, and more -- from leading universities, scientific journals, and research organizations.

## **American College Health Association**

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

Since 1920, the American College Health Association (ACHA) has served as the voice for student health and wellness. Through advocacy, research and education, ACHA stands at the forefront of issues that impact the health and wellness of our college students.