

Staying Grounded in a Hectic World: Resource List

Resources for Cultivating Awareness

- [Healthy Minds Program](#): Free app with many guided practices to support awareness, connection, insight, and purpose
- [UCLA Mindful](#): Free app with guided practices in 18 languages; also available as website version
- [Insight Timer](#): Free app with large amount of content: timers, guided practices, nature sounds, and more
- [Wheel of Awareness](#): Practice developed by Dan Siegel to cultivate greater awareness and equanimity
- [MHealthy & Asset Health Portal](#): Many mindfulness, yoga, relaxation videos and resources; Take 5 to Focus program coming in November 2023

Resources for Resilience and Recovery

- [Self-Compassion from Kristin Neff](#): Practical exercises and information to cultivate self-compassion
- [Tara Brach's "Rain" Practice](#): A tool for practicing mindfulness and compassion
- [Well-Being Tools](#): Brief, evidence-based practices from Duke Center for Healthcare Safety and Quality
- [MHealthy](#): A holistic philosophy of well-being to support all aspects of your health
- [Nature Rx](#): Discover 100 spots around the Ann Arbor campus for taking small breaks in nature. Developed by students and staff, Nature Rx is part of the free Michigan App.

Resources for Vitality and Joy

- [Be Kind Be Well](#): Ideas and resources to promote kindness, compassion, and gratitude at work
- [On Being](#): Art, science, philosophy, and conversation: What does it mean to be human? How do we want to live? And who will we be to each other?
- [Greater Good Science Center](#): Science on the meaningful life
- [Center for Positive Organizations](#): From Michigan Ross, tools, and research on positive work
- [Values clarification exercise](#)

Reaching Out for More Help:

- [Michigan Medicine Office of Counseling and Workplace Resilience](#): 734-763-5409 or counseling@med.umich.edu
- [Faculty and Staff Counseling and Consultation Office](#): 734-936-8660 or fascco@umich.edu