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WELLNESS & WELLBEING IN THE WORKPLACE RESOURCE GUIDE

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MichBusiness 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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WELLNESS & WELLBEING RESOURCE GUIDE

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Ways to Connect to Avoid Loneliness

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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/>

The Importance of Financial Well-Being by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/the-importance-of-financial-well-being/>

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>

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-BeingSM 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

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/>

Breathing and Meditation Videos

Empowering HR & Preventing HR Burnout Video By Maddy

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

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

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://mindfulnessexercises.com/free-online-mindfulness-courses/>

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/>

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/>

Breathing and Meditation Videos *(continued)*

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>

Mindfulness exercise - Being in the here and now

<https://www.youtube.com/watch?v=UEhsMowqxb4>

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

Mindful Tasking: Mindfulness Made Easy by Kim Fisher • TEDxDallasCollege

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

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/>

Frinz Care

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