



Wellness Resources

General Mental Health & Well-Being

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder.

Title	Description	Link
Mental Health	Mental Health: What is it, really? – Article A brief article from the National Site of the Canadian Mental Health Association explaining what mental health is.	https://cmha.ca/mental-health-what-is-it-really/
10 Tips (2 Minutes)	Ten Tips to Maintain Your Mental Health From the Government of South Australia – Safe Works Program	https://www.youtube.com/watch?v=OAJfhuwRk
The Stress Bucket	The word 'stress' is commonly used to mean the overwhelming feeling of anxiety we experience when problems or pressures are just too great and we don't think we can cope	https://www.youtube.com/watch?v=FrFycNFKi3A
Resource List	CMHA-WECB Community Resource List An updated community resource list in the Windsor-Essex County area.	https://windsorsex.cmha.ca/wp-content/uploads/2021/04/CMHA-WECB-Community-Resources-Revised-March-2022.pdf

Stretching & Yoga

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Title	Description	Link
Quick and Easy Stretches	Quick and Easy Stretches To Do While Sitting at Your Desk Take a 5 minute break to do some basic stretches – it won't even require you to get out of your chair!	https://www.youtube.com/watch?v=BdFTuxdfIE8
5-Minute Break Office Yoga	Take a 5-minute break at your office desk to open up your body and mind. Our bodies get so stiff and tense sitting in a chair all day long. We'll open the chest, back, shoulders, neck, hips and hamstrings, as well as create space in the mind.	https://www.youtube.com/watch?v=6fnLKyRJsrs
9 Benefits of Yoga Article	If you've done your “downward dog” yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe. (Johns Hopkins Medicine)	https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga
Reduce Stress (6 Minutes)	Reduce Stress – Progressive Muscle Relaxation Progressive Muscle Relaxation is a deep relaxation technique that can be performed in many different settings. Practicing progressive muscle relaxation several times per week has been shown to improve stress, anxiety, sleep, and pain.	https://www.youtube.com/watch?v=CiqPTWzozXs

Laughter & Positive Feelings

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Title	Description	Link
"Happy" (4 Minutes)	Pharrell Williams – Happy Studies suggest music can boost happiness and reduce anxiety. This is the official music video for Pharrell Williams' Happy.	https://www.youtube.com/watch?v=ZbZSe6N_BXs
Cutest Animals in The World	Research tells us that looking at photos of baby animals can produce a rush of oxytocin in the brain – the same chemical responsible for creating feelings of love and closeness.	https://www.youtube.com/watch?v=2SN5pXBGpQk
Keep Smiling!	How You Can Keep Smiling and Laughing Throughout Your Day Tips to smile and laugh throughout the day a PDF with images.	https://www.fix.com/assets/content/20010/keep-smiling-laughing.png
Stress Management - Article	Stress relief from laughter? It's no joke When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered.	https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456

Mindfulness & Meditation

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is something we all naturally possess, it's more readily available to us when we practice daily

Title	Description	Link
How to Practice Mindfulness (4 Minutes)	Practicing mindfulness through meditation or other techniques improves both mental and physical health. Follow this body scan exercise to help improve focus and overall wellbeing.	https://www.youtube.com/watch?v=bLpChrg5OAY
5 Minute Mindfulness Meditation	5-minute guided mindfulness meditation to use when you are short on time, but still want to get into a mindful state of mind. Even five minutes can produce major benefits.	https://www.youtube.com/watch?v=ssss7V1_eyA
10 Mindful Minutes – TEDx Talk (9 minutes)	Mindfulness expert Andy Puddicombe describes the transformative power of refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment	https://www.youtube.com/watch?v=gzR62JJCMBQ
Mindfulness Strategy – Take 5 (3 Minutes)	Practicing mindful breathing allows you to activate your body's parasympathetic nervous system which is the branch of your nervous system that stops the fight-or-flight stress response.	https://mindfulnessexercises.com/simple-mindfulness-strategy-take-5/



Information and resources provided by

