



Wellness Resources & On-Demand Programming

A summary of wellness resources and on-demand programming from NIH, including and a few federal wellness resources and free university-related mindfulness apps at your fingertips.

Physical Wellness

NIH Recreation and Welfare Fitness Program [Schedule of Monthly Classes](#)

[Bicycle Commuting, Riding Tips, and the Health Benefits of Bicycling](#)

[Heart Healthy Tips - Exercises & Myths, Facts about Your Hips & Other Good Ways & Reasons to Keep Your Heart Happy](#)

[Workplace Ergonomics: How a Proper Workstation Set-up Can Help Prevent Common Musculoskeletal Pain](#)

[Posture in the Workplace](#)

[Three Home Exercises for Back Pain](#)

[Yoga at Your Desk](#)

[Chair Yoga Guide: Chair Yoga Flow \[video\]\(#\)](#)

[Yoga for Lower Back Pain](#) and complimentary [slides](#)

Nutritional Wellness

[Healthy Cooking Tips: Cooking Healthy with Color](#)

[Nutrition Knowledge for the 9-5](#)

[Your Body: A High-Performance Machine](#)

[Fast Food, Sit-downs and Coffee shops: Eating Healthy While Eating Out](#)

[Dietary Supplements What You Need to Know](#)

[From Carrots to Cataracts: A tour of your eyes in sickness and in health \(and how to keep them healthy\)](#)

[Optimal Health: Self-Esteem, Physical Activity & Nutrition](#)

[Nutrition Workshop with Eurest](#)



Family/Home Wellness

[Keeping Relationships Healthy - What Does It Look Like?](#)

[Connection & Community Series](#)

[Setting Boundaries Are Necessary for Maintaining Your Well-Being](#)

[How to Prioritize When Everything is a Priority](#)

[All Work and No Play? The Health Benefits of Play!](#)

[Resolution Revolution Positive Lifestyle Changes](#)

[Reflect and Recommit Workshop](#)

[Caregiving Workshop](#)

[Resilience During Change: Lunch and Learn Series](#)

[Sleep Cohort Toolkit](#)

[Mandala Coloring Book \(PRINTABLE | ELECTRONIC\)](#)

Be Well at Work

[Work-Life@NIH: A Workforce Guide to Enhancing Well-Being](#)

[Navigating Our Future Work Environment: NIH Workplace Flexibilities](#)

[Navigating Transition: Creating Conditions for Effective Conversations \(For All Staff\)](#)

[Leading Transition: Creating Conditions for Effective Conversations \(For Supervisors\)](#)

[Setting Boundaries Are Necessary for Maintaining Your Well-Being](#)

[Encouraging Physical and Psychological Safety in the Workplace](#)

[Keeping Relationships Healthy - What Does It Look Like?](#)

[Connection & Community Series](#)

[Leadership Toolkit: Leaning into a Hybrid Work Environment](#)

[Resource and Referral Services](#) – Legal, Financial, Child and Adult 1-800-777- 1720



Social Wellness & Community

NIH-Wide [Monthly Wellness Events](#), Bethesda campus: Participate with your team.

[R&W Food Trucks Program \(M-F\) and Community Market \(Tuesdays\) at Bldg. 10 South Lawn](#)

Employee and Supervisor Peer Circles – contact [Tonya Lee](#) for schedule.

Spiritual Wellness

[Mind/Body Workshop: Incorporating Mindfulness into Day-to-Day](#)

[Recenter, Reconnect and Refresh: Practical Mindfulness and Self-Care for the Working Professional](#)

[Inner Voice and Equity Workshop](#)

[Advocating for Your Well-Being](#)

[Resilience Through Change Workshop](#)

[Mindful Movements](#)

[Moment of Meditation: Finding Balance](#)

[My Mindfulness Activity Book \(PRINTABLE | ELECTRONIC\)](#)

Additional Resources When Stress is Unmanageable

[NIH Office of the Ombudsman](#) - 301-594-7231

[Employee Assistance Program](#) - 301-496-3164

Employee Assistance Program (EAP) Vignettes:

[Responding to Symptoms of Anxiety, Relaxation Exercises for the Whole Family and Evaluating](#)

[My Psychological Health Status](#)

[Let's Talk About Loneliness](#)

[Keeping Your Credit Score Healthy](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)



NIH Websites & Federal Websites

[Wellness@NIH website](#) (Wellness Resources, Nutrition, Fitness, Workshops and Community)

[Work-Life@NIH website](#) (Work-Life and Family Resources or Events)

[Resilience Through Well-Being campaign](#) (Mindfulness and Resiliency Resources and Events)

[NIH Recreation and Welfare Association](#) (Fitness Centers, Food Trucks, Employee Discounts)

[Employee Assistance Program \(NIH\)](#) - 301-496-3164

[Centers for Disease Control/NIOSH Total Worker Health Program](#)

[US Department of Health and Human Services](#)

[Healthy People 2020](#)

NIH Wellness-related Listservs to Join

Wellness@NIH Listserv – go to <https://list.nih.gov/> and find “WELLNESSNIH@LIST.NIH.GOV”

Parenting Listserv: link is above and find “PARENTING_LIST@LIST.NIH.GOV”

R&W Fitness Listserv: link is above and find “NIH-RW-FITNESS-L@LIST.NIH.GOV”

Research-based Mindfulness Apps

[UCLA Mindful](#) (*free for Android and iOS*): Offers basic guided meditations for getting started, in 14 languages.

[Healthy Minds Program App](#) (*free for Android and iOS*): Features a full program for mental well-being based on research from the University of Wisconsin- Madison. Read more about the study in [Scientific American](#).

[Insight Timer](#) (*free for Android and iOS*) Recommended teachers on Insight: (*alpha order*)

- [Jud Brewer, MD PhD](#)
- [Christopher Germer, PhD](#) (licensed clinical psychologist)
- [Bhanu Joy Harrison, LCSW](#) (licensed clinical social worker)
- [Kristin Neff, PhD](#)
- [Lama Rod Owens](#) (BIPOC, LGBTQ)
- [Sharon Salzberg](#)
- [Diana Winston](#) (UCLA Health)