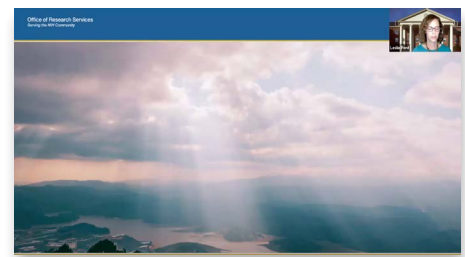


# Staff Resources for Stress Relief & Facilitating Team Building

## Pre-recorded Webinar Videos

### Mindfulness & Resiliency Resources

- [Art of Intentional Communication](#) (75 mins)
- [Breathing Bubble Exercise](#) (10 mins)
- [Compassion and Kindness Meditation](#) (5 mins)
- [Debunking the Myths of Yoga Workshop](#)
- [Embracing Transitions Workshop](#)
- Non-Sleep Deep Rest Series (NSDR)
  - ▶ [Science of Sleep and Non-Sleep Deep Rest](#)
  - ▶ [Strategies to Promote Sleep](#)
- [Practical Mindfulness & Self-Care for the Working Professional](#) (55 mins)
- [Wellness Workshop: Stress Management](#) (55 mins)
- [Three Exercises for Back Pain](#)



## Reading Resources

- [Art of Intentional Communication](#) (slides)
- [Breath Awareness Exercises](#) (flyer)
- [Chair Yoga Guide](#) (infographic)
- [Debunking the Myths of Yoga Workshop](#) (slides)
- [Five Tips: Find a Pause for Well-Being](#)
- [My Mindfulness Activity Book](#) (e-book)
- [Press Reset on Stress](#) (flyer)
- [Stress Reduction Techniques](#) (slides)
- Non-Sleep Deep Rest Series (NSDR)
  - Series slides only. Videos listed in section above.
  - ▶ [Science of Sleep and Non-Sleep Deep Rest](#)
  - ▶ [Strategies to Promote Sleep](#)

## Additional Resources

- [NIH Employee Assistance Program](#)
- [NIH Ombuds Office](#)
- [Wellness@NIH News & Events Page](#)