

The Wellness Leadership Council has compiled the following list of resources. Please contact Sue Sweeney, ssweeney2@mercyhurst.edu with any questions.

1.

Mercyhurst Counseling Center, 814-824-3650, www.mercyhurst.edu/campus-life/counseling-center.

Cohen Health Center, 814-824-2431, health@mercyhurst.edu, www.mercyhurst.edu/campus-life/cohen-student-health-center.

Mercyhurst Dining Services: Parkhurst

- o www.mercyhurst.edu/campus-life/dining-services
- o lakersmercyhurst.sharepoint.com/sites/SPO_STU_DiningServices
- o FoodU app

2

Learn about meditation and mindfulness at

- o www.mindful.org
- o www.positivepsychology.com/history-of-meditation
- o www.psychologytoday.com/us/blog/meditation-modern-life/201307/overview-meditation-its-origins-and-traditions

Find information about specific meditations here:

- o Body Scan:
<https://www.mindful.org/the-body-scan-practice/>
<https://www.youtube.com/watch?v=86HUcX8ZtAk>
- o Loving Kindness Meditation:
<https://www.mindful.org/loving-kindness-meditation-with-sharon-salzberg/>
<https://www.mindful.org/this-loving-kindness-meditation-is-a-radical-act-of-love/>
- o Mindful Eating:
<https://www.mindful.org/6-ways-practice-mindful-eating/>
<https://www.thecenterformindfuleating.org/page-1863947>
- o Forest Bathing
<https://globalwellnessinstitute.org/wellnessevidence/forest-bathing/>

https://greatergood.berkeley.edu/article/item/why_forest_bathing_is_good_for_your_health

<https://www.verywellmind.com/what-is-forest-bathing-5190723>

- Visualization Meditation:
<https://www.headspace.com/meditation/visualization>
<https://positivepsychology.com/visualization-meditation/>
<https://www.youtube.com/playlist?list=PLQiGxGHwiuD1kdxsWKFuHE0rITIXe-7yC>
<https://www.youtube.com/watch?v=NbXUAg5tA0s>

Mindfulness and Meditation Apps:

- Insight Timer: <https://insighttimer.com/>
- Headspace: <https://www.headspace.com/meditation>
- Calm: <https://www.calm.com/>
- Mindful.org's list of five free mindfulness apps:
<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

Mercyhurst Dining Services: nutrition

Eating disorders
Swallowing disorders
Cardiac, kidney, and osteoporosis
Cancers