

Additional Monthly Wellness Resources

July - Mindful Minutes

- Tools:
 - Apps: *Headspace*, *Calm*
 - [*Guided Meditation and Mindfulness - The Headspace App*](#)
 - [*Calm - The #1 App for Meditation and Sleep*](#)
 - Activity: [5-4-3-2-1 Grounding Technique](#)

July - Nutrition Label Reading

- Label Reading Handout
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August - Motivation & Momentum

- Tools:
 - MOVE Handout
 - Apps: *Finch* (free), *Goblin.tools* (website free, app \$2)
 - [Finch - Your New Self Care Best Friend](#)
 - [Magic ToDo - GoblinTools](#)
 - Type in a task you want to complete and click the wand “break item down” for direction.
 - ADHD-focused educational videos:
 - [ADHD and Motivation](#)
 - [How to Not NEED as Much Motivation to Get Something Done](#)
 - [Routines and ADHD](#)
 - [Routines and ADHD - When Things Change](#)
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September - Sleep

- **Tools:**
 - Apps: *BetterSleep* (free + paid), *Sleep Cycle* (trial, then \$40/year)
 - [BetterSleep | Sleep Better. Feel Better.](#)
 - [Sleep Cycle — The World's No.1 Sleep App](#)
 - YouTube Progressive Muscle Relaxation videos:
 - [How to do Progressive Muscle Relaxation](#)
 - [Progressive Muscle Relaxation: An Essential Anxiety Skill #27](#)
 - [Progressive Muscle Relaxation for the Management of Anxiety & Stress \(preferred\)](#)
 - Supplements: Magnesium, Ashwagandha
 - [Association of magnesium intake with sleep duration and sleep quality: findings from the CARDIA study - PMC](#)
 - [Ashwagandha: Is it helpful for stress, anxiety, or sleep? - Health Professional Fact Sheet](#)
 - Dream journaling (optional)
 - [Dream Journal: Tips for Beginners and How to Start | Sleep.com](#)

September - No Salt Added

- FDA- Food Facts Sodium Handout
 - DGA Cutdown on Sodium Handout
 - Cut down on Sodium Handout
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October - Outdoor

- Discover Jackson NC- <https://www.discoverjacksonnc.com/>

October - 5-2-1- Almost None

- **Digital Detox Tools:**
 - App: *Forest* (free)
 - [Forest: Focus for Productivity on the App Store](#)
 - [Forest: Focus for Productivity - Apps on Google Play](#)



November - Gratitude

- Tools:
 - App: *Day One* (journaling)
 - [Day One Journal App | Your Journal For Life](#)

February - Blood Pressure

- Blood Pressure Handout

February - Mindful Eating

- Chocolate Mindfulness Exercise: <https://www.youtube.com/watch?v=XSpMGTzZwsU>
- How to Use Mindful Eating: <https://www.youtube.com/watch?v=u1jRaHrpokA>
- How Mindful Eating Improves Your Relationship with Food: <https://www.youtube.com/watch?v=ZIX7RphOtG0&t=23s>

March - Third Place

- Tools:
 - TED Talks:
 - [The Search for a Third Place | Arshnoor Kaur | TEDxMahwah](#)
 - [Why You Need a Third Place | Sophie Spier | TEDxSioux Falls Youth](#)
 - Mapping and exploration tools: *Google Maps*, [Meet-up.com](#)
 - Evaluation criteria form: atmosphere, accessibility, cost, activity options, comfort
 - Journaling/reflection on experiences
 - Social Connectedness- <https://www.cdc.gov/social-connectedness/about/index.html>



April - Food and Mood

- Gut Brain Connection Handout
- Vitamin and Nutrient Handout
- Nutrition and Mental Health Handout

April - Stress Less

- **Expressive Arts Tools:**
 - YouTube channels: [Thirsty For Art](#), [Mary Doodles](#)
 - Activity Video: [How to Draw Your Feelings + Painting Emotions / Easy Art Therapy Activity Demo for Beginners](#)
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May - Self Care

- **Personal Development Tools:**
 - Podcasts (can be found on Spotify & Apple Music/podcasts):
 - *The Mindset Mentor*
 - <https://www.youtube.com/@mindsetmentorpodcast>
 - *Tiny Leaps, Big Changes*
 - [Tiny Leaps, Big Changes - Tiny Leaps](#)
 - *The Happiness Lab*
 - [The Happiness Lab with Dr. Laurie Santos | Podcast — Dr. Laurie Santos](#)

