

Once A Day Wellness Programs

Once A Day Wellness Programs: Participants watch a 2-3 minute video every day for a month.

Resilience Coach James E Porter

A 30-Day program on building resilience through a comprehensive approach to stress management, combining mindset, emotional regulation, healthy habits, and practical strategies for everyday challenges.

Behavior Change Solution Dr. Raquel Garzon Ph.D.

A 30-Day program on understanding the brain science behind behavior change and applying proven, practical strategies to build healthier habits and create lasting personal change.

How to Get a Good Night's Sleep Dr. Brian Luke Seaward

A 30-Day program on improving sleep quality using proven, science-based strategies to fall asleep faster, stay asleep longer, and wake feeling more rested.

Wellness Coach Dr. Michael Arloski

A 32-Day program on maintaining and improving overall health using a technique called the "Wellness Wheel" to design a personalized plan based on individual strengths, gaps, and priorities.

Mindfulness Minute Program James E Porter

A 33-Day program on using mindfulness to reduce stress by staying present, recognizing how dwelling on the future fuels anxiety and revisiting the past can trigger anger.

Diet & Nutrition Dr. David Katz, MD, MDH

A 28-Day program on improving health by changing daily eating habits, based on the idea that dieting doesn't work, while simple, sustainable choices deliver benefits from day one.

Presence: Your Happiness Set-point Dr. Joel Bennett

A 30-Day program on cultivating happiness through mindfulness, helping participants understand and positively influence their emotional set-point for greater well-being and lasting contentment.

Burnout & Balance Dr. Jeff Gardere

A 29-Day program on preventing and recovering from burnout by restoring balance, managing stress, setting healthy boundaries, and rebuilding energy, focus, and motivation.

Personal Sovereignty Dr. Darryl Tonemah

A 31-Day program on maintaining control over your nervous system, drawing on Native American wisdom and modern science to build self-regulation, resilience, and inner stability.

Taking Somatic Action Dr. Raquel Garzon

A 30-Day program on reducing anxiety through simple, body-based practices, built on the principle that a deeply relaxed body helps quiet an anxious mind.

Managing Your Moods Edmund Higgins, MD

30-Day Program, designed to help you master emotional resilience and cultivate a positive mindset. Through daily insights and actionable strategies, you'll gain tools to navigate life's challenges with greater ease and balance.

Anger Management Dr. Jeff Gardere

A practical, research-based program that teaches you how to understand your triggers, manage intense emotions, and respond to stress with clarity instead of regret.

30 Days to Financial Wellness Tyre Richards, MBA

A step-by-step, mindset-focused program that helps you build healthier money habits, reduce financial stress, and create a more confident relationship with your finances in just one month.

Online Resource Collection

Webinars

Stress Management Series:

- Emotional Intelligence
- Journaling Away Stress
- Mindfulness @ Work
- Thinking Through Stress: Cognitive Restructuring
- Balancing Work and Family
- Managing the Stress of Change
- Dealing with Holiday Stress

How to Meditate and Why You Should:

- Part 1: Why
- Part 2: Choose
- Part 3: Practice
- Part 4: Five Meditation Tips

Monthly Webinar Series- 2024

Stress In The Community

Stress in the African American Community
Why Diversity, Equity & Inclusion Training is Important to YOU!
Stress, Trauma and Healing in Native American Communities
Stress in the Latino Community
How to Dramatically Improve Your Company's DEI Training

25 Soundscapes

25 nature sounds that are associated with a decrease in the body's sympathetic response (which causes that "fight-or-flight" feeling) and an increase in parasympathetic response—the one that helps the body relax and function in normal circumstances and is sometimes referred to as the "rest-digest" response.

100 Stress Tips

In this section participants can go through all of the 100 Stress Tips based on categories or use My Stress Tools 6 Step Model to Proactive Stress Management.

Podcasts

Author Series

- Emotional Intelligence with **Dr. Daniel Goleman**
- Resilience with **Dr. Joan Borysenko**
- Stress, Diet and Emotional Eating with **Dr. David Katz**
- Mindfulness with **Dr. Ron Siegel**
- Sleep with **Dr. Rubin Naiman**
- PTSD and Guided Imagery with **Belleruth Naperstek**
- Mindsight with **Dr. Daniel Siegel**
- Balancing Work and Family with **Dr. Barbara McFarland**
- Stress and Humor with **Loretta LaRoche**
- Self-Compassion with **Dr. Kristin Neff**
- Wilderness Therapy with **Dr. Paul Case**

Expert Interviews

- The Science behind the benefits of Mindfulness with **Dr. Sara Lazar**
- Stress and Your Health with **Dr. Robert Sapolsky**
- Managing Stress with **Dr. Heidi Hanna**
- The Happiness Diet with **Anne Kulze, M.D.**
- Dealing With Anger with **Dr. Hendrie Weisinger**
- Mindbody Medicine with **James Gordon, M.D.**
- How to Change your Thinking with **David Burns, M.D.**
- Cortisol, Stress, and Inflammation with **Dr. Shawn Talbott**
- Hardwiring Happiness with **Dr. Rick Hanson**

Online Resource Collection

Experts Q&A

Neuroplasticity (Dr. Goleman)
 Reducing Stress (Dr. Katz)
 Sleeping Pills (Dr. Naiman)
 Social Intelligence (Dr. Goleman)
 Stress-reducing Supplements (Dr. Katz)
 Tell us about benefits now vs. benefits later. How does this help us make lifestyle changes? (Dr. Garzon)
 The Benefits of Chocolate (Dr. Katz)
 What are mindset traps, and how do they keep us from getting what we want in life? (Dr. Garzon)
 What are Mirror Neurons? (Dr. Goleman)
 What are some common excuses people give for not making lifestyle changes? (Dr. Garzon)
 What are some examples of benefits we can have now rather than later to make lifestyle changes? (Dr. Garzon)
 What do you do to manage your stress? (Dr. Garzon)
 What does mindset have to do with behavior change? (Dr. Garzon)
 What does the research say about meditation regarding brain fitness? (Dr. Hanna)
 What happens when cortisol, a stress hormone, is combined with oxytocin, the love hormone? (Dr. Hanna)
 What is heart rate variability, and how does meditation affect it? (Dr. Hanna)
 What is negativity bias? (Dr. Hanna)
 What is self-regulation, and how can it help us to change our behavior? (Dr. Hanna)
 What is stress sensitivity? (Dr. Hanna)
 What is the Amygdala? (Dr. Goleman)
 What is the knowing-doing gap? How does it prevent us from making lifestyle changes? (Dr. Garzon)
 What role does mindfulness play in creating behavioral change? (Dr. Garzon)
 Abstinence Violation Effect (Dr. Katz)
 Amygdala Hijack (Dr. Goleman)
 Coffee and Sleep (Dr. Naiman)
 Dealing With Change (Dr. Katz)
 Difference between EQ and IQ (Dr. Goleman)
 Dr. Goleman's Meditation Routine (Dr. Goleman)
 EQ and Human Resources (Dr. Goleman)
 Feelings and Emotions (Dr. Goleman)
 How do we avoid temporal discounting or seeking immediate gratification over long-term health goals? (Dr. Garzon)
 How do you get long-term health benefits to happen sooner? (Dr. Garzon)
 How do you know when to believe your thinking and when not to? (Dr. Garzon)
 How do you motivate yourself to do something when you just don't feel like it? (Dr. Garzon)
 How does purpose help a person to stay motivated to make lifestyle changes? (Dr. Garzon)
 How Dr. Goleman Manages Stress (Dr. Goleman)
 How Mirror Neurons Work (Dr. Goleman)
 How Much Sleep? (Dr. Naiman)
 Importance of EQ versus IQ (Dr. Goleman)
 Insomnia and Depression (Dr. Naiman)
 Lifetime Brain Changes (Dr. Goleman)
 Meditation Changes Brains (Dr. Goleman)
 What's the difference between stress management and energy management? (Dr. Hanna)
 Why isn't time a valid excuse for not making changes in one's life? (Dr. Garzon)
 What's the difference between intrinsic motivation and extrinsic motivation? (Dr. Garzon)
 What is your go-to method for managing your own stress? (Dr. Garzon)

Videos/Audios

Self Help and Meditations Videos:

Understanding Emotional Intelligence with **Dr. Daniel Goleman**
 Demonstrating Emotional Intelligence with **Dr. Daniel Goleman**
 Emotional Intelligence and Optimal Performance with **Dr. Daniel Goleman**
 Recognizing Stress, Managing Stress with **David Katz, M.D.**
 Resilience: Mastering Stress with **David Katz, M.D.**
 Brain Fitness with **Heidi Hanna, Ph.D.**
 The Happiness Diet with **Ann Kulze, M.D.**
 The Five Golden Rules of Financial Wellness **James Porter, MALS**
 The Spiritual Power of Now
 How to Change Your Behavior **Dr. Raquel Garzon**
 Sitting Is The New Smoking **Dr. Michael Arloski**
 The Health Benefits of Getting Out In Nature

Four 10-Minute Meditations Dr. Joko Holiday

Breathe
 Thinking
 Mindfulness
 Emotions
 Bonus 5 minute Meditation

Destination Relaxation:

50 5-7 minute nature videos with relaxing music allow users a short respite from stress while virtually visiting beautiful places from Yosemite National Park in California to Acadia National Park in Maine.

3 Relaxation Audios with guided exercises and music
 3 Relaxation Music Audio
 Overcoming Stress-Related Insomnia Audio
 Overcoming Stress-Related Emotional Eating Audio

Exercise & Yoga Videos:

2 Deskercise Videos with Fitness expert, **Lebron Pinkerton**.
 Get your heart pumping seated right at your desk.

Yoga@Work: 14 different chair yoga exercises

Yoga Breathing
 Seated Yoga Posture
 Head Rolls,
 Shoulder Circles
 Cat/Cow Stretch, Eagle Pose
 Lemon Squeeze
 Palm Pose, Hand Stretch
 Seated Spinal
 Twist Seated Lap
 Twist Mini Sun Salutation
 Hip Opening sequence
 Hip opening Sequence Second Side

Six 10 Minute Yoga videos with Maria Tabaschek. The perfect way to start your day. Find out how moving your body mindfully and breathing mindfully can effectively improve your concentration, focus and level of happiness for the entire day.

Online Resource Collection

Videos/Audios Continued

Foam Roller Exercises with Chenel Darby

Intro
Shin Stretch
Back and Shoulders
Calf Stretch
Hamstring Stretch
IT Band Stretch
Quad Stretch
Pectoralis Muscles Stretch
Piriformis Stretch

Articles

Coronavirus

- "Stress and the Threat of the Coronavirus"
- "Stress and the Coronavirus: How to Lighten the Load"
- "Dealing with Stress, Your Immune System and the Coronavirus"

Stress Management & Mental Well-being

- "Creating Work-Life Balance"
- "The Power of Control"
- "Resilience"
- "The Top 10 Simplest Ways to Manage Stress"
- "Tracking Your Stress Symptoms with Journaling"
- "Dealing with Worry"
- "Why Change is Associated with Stress and Illness"
- "Moving from Financial Stress to Financial Wellness"
- "Burnout"
- "Cognitive Restructuring: Knowing Your ABC's"
- "Fight or Flight: The Evolution Of Stress"

Brain Training

Updated Series Thinking Well with Jim Porter

Knowing your A,B,C's
Becoming Aware of Your Self-Talk
Types of Irrational Thinking & Self-Talk
Disputing Your Negative Self-Talk
Disrupting the 5 Styles of Negative Thinking
Stopping Your "Thinking of Train" at Station B and Review

Proactive Stress Management

Introduction
Step 1: Stress Awareness
Step 2: Problem Solving
Step 3: Cognitive Restructuring
Step 4: Mindfulness
Step 5: Resilience
Step 6: Social Support
Review

Yoga for Stress Management

Start your day with this 30-minute yoga class that will leave you feeling relaxed, energized, and inspired, while learning stress management tips. Suitable for all levels.

Courses

Stop Stress This Minute

James E. Porter

Participants learn practical, real-time techniques to identify, manage, and reduce stress, gaining immediate control through actionable steps, expert guidance, and sustainable coping strategies daily life.

Zen of Time Management

Dr. Jeff Gardere

A self-paced online course blending time and stress management, aligning goals with values and purpose, so productivity guides your time toward meaningful, intentional success growth.