

## RecWell's Mental Well-being Resource Guide

**Note:** This is a living document and it will continue to be updated. Check back soon for more content. If you have suggestions for this page or would like to cite this resource, please feel free to contact Dr. Mia Liadis at [liadis@vcu.edu](mailto:liadis@vcu.edu).

### Sleep

#### Videos

- How Much Sleep Do You Actually Need? ([3 minute video](#))
- How to Calm Your Worries and Sleep Better: A Scientist's Tips for Falling Asleep More Quickly ([3 minute video](#))
- Why Are You Always Tired? ([3 minute video](#))
- Early Birds vs. Night Owls ([3 minute video](#))
- How To Get Better Sleep (and Fall Asleep Faster): 5 Essential Tips ([8 minute video](#))
- Understanding "How do I Sleep Better" | Dr. Vyga Kaufmann | TEDxBoulder ([11 minute video](#))
- We Stayed Awake For 36 Hours And It Changed Our Faces ([11 minute video](#))

#### Apps

- Sleep Cycle
- Headspace
- PrimeNap
- Insight Timer
- Noisli

#### Websites & Articles

- [National Sleep Foundation Website](#)
- [3 Signs Your Mood May Be Affecting Your Sleep](#)
- [How Sleep Affects Your Immunity](#)
- [Screen Time and Insomnia](#)
- [What You Should Know About Sleep Paralysis](#)
- [Healthy Sleep Tips](#)
- [Why Can't I Sleep? 4 Tips for Healthier Rest](#)
- [Stop Mourning the Morning Mindful Practice](#)

### Stress Management/Coping/Self-care

- RecWell's Self-care Song ([2 minute video](#))
- Can Stress Actually Kill You? ([3 minute video](#))
- The Science of Productivity ([3 minute video](#))
- The 9 Best Scientific Study Tips ([3 minute video](#))
- The Science of Motivation ([4 minute video](#))
- Brene Brown on Blame ([4 minute video](#))
- How to Best Manage Our Moods ([7 minute video](#))

- How to Make Stress Your Friend ([14 minute video](#))

#### Apps

- Breathe2Relax
- My Mood Tracker
- Pacifica
- Colorfy
- Calm

#### Websites & Articles

- [How to Cope with Traumatic Events](#)
- [VCU Division of Student Affairs - Keep on Being Well](#)
- [Physical Activity - What works For You?](#)
- [Why Establishing A Routine Can Boost Your Mental Health](#)
- [How to Accept Your Success Instead of Feeling Like a Fraud](#)
- [A Mindful Writing Practice for Those Who Like to Keep Doing](#)
- [Keeping a Cool Head and Warm Heart in Challenging Times](#)
- [National Emergency Library to Offer Free Access 1.4 Million Books](#)

### **Mindfulness/Meditation**

#### Videos

- Check out RecWell's guided meditations here ([Various audio meditations](#))
- Mindfulness is a Superpower ([3 minute video](#))
- How Mindfulness Empowers Us ([3 minute video](#))
- The Scientific Power of Meditation ([3 minute video](#))

#### Apps

- Pocket Breath
- Stop, Breathe and Think
- Insight Timer
- Healthy Minds
- Headspace
- Calm

#### Websites & Articles

- [Health, Wellness, and Mindfulness Resources For Home](#)
- [Free Mindful Music Library](#)
- [Virtual Calming Room](#)
- [A List of Free, Recorded Guided Meditations](#)
- [Free Meditations in Multiple Languages from UCLA](#)
- [University of Michigan Health, Self-Guided Progressive Muscle Relaxation](#)
- [MBSR Classes in Richmond, VA](#)
- [Mindful Practice for Experiencing the Natural World](#)

- [R.E.S.T. A Mindful Guide for the Tired and Weary](#)
- [Free and Low-Cost Mindful Events Across the Globe](#)
- [Mindful Resource Page of Meditations from Calm.com](#)
- [Mindfulness Practice for Wearing A Mask](#)
- [Meditation on the Hour with Mindful Leadership 24/7 Free Meditations Every Hour](#)
- [8 Exercises to Help You Be More Present in the Moment](#)
- [You're Not Doing It Wrong: Tips on Starting a Meditation Practice](#)
- [What I Learned About Myself at the Grocery Store: Mindfulness Lessons from COVID-19](#)
- [Free Online Meditation Resources for Times of Social Distancing / COVID-19](#)
- [10-Minute Nourishing Breath Meditation](#)
- [Free Audio Meditations through DeStress Monday](#)
- [Mindful Living Collective Free Resource Guide](#)

## **Additional Mental Health Resources**

### Videos

- Understanding Empathy (2-minute [video](#))
- How to Defeat Negative Thinking: An Animation ([3 minute video](#))
- Where Does Compassion Really Come From? ([3 minute video](#))
- How to Get Through A Crisis (4-minute [video](#))
- Brene Brown on Empathy ([4 minute video](#))
- We All Have Mental Health ([5 minute video](#))
- The Price of Invulnerability: Brené Brown at TEDxKC ([15 minute video](#))
- VCU Chair Yoga Demonstrations ([Various Lengths](#))

### Websites & Articles

- [Protecting Student Mental Health in the Face of Antisemitism and Islamophobia](#)
- [Black History Month Resources for Educators and Families](#)
- [How to Help Your Students Cope With Safety Threats in the Community or World](#)
- [Empathy Fatigue is All Too Real - How to Preserve The Mind and Still Empathetic](#)
- [10 Secrets People in Recovery from Addiction Know that Could Help Us All Survive this Global Pandemic](#)
- [VCU University Counseling Services Support Groups Sign Up Page](#)
- [20 Great Questions to Ask Instead of "How Are You Doing?"](#)
- [International Happiness Day Resources](#)
- [Meditation Practice Advice through Racially Charged Interactions](#)
- [Anxiety is Also Contagious. Here's How to Calm Down](#)
- [Feeling Isolated? Try this 20-minute Connection Practice](#)
- [Anxious? Stressed? That's Okay!](#)
- [How To Be An Ally to Trans and Gender Nonconforming Coworkers](#)

### Apps

- Moodfit

- 7 Cups
- Healthy Minds
- Headspace
- Happify