

# Self-Care & Resiliency Well-being

## ToolKits & Employee Resources:

- [Resiliency ToolKit](#)
- [Mediation ToolKit](#)
- [Mindfulness ToolKit](#)
- [Sleep Fitness ToolKit](#)
- [Employee Health Care Concierge](#)

## BeWell Website:

- [Resilience: Bouncing Back From Hard Times](#)
- [Resiliency and Adapting to Change](#)
- [Stress First Aid](#)
- [Routine Maintenance: Everyday Healing for Helpers](#)

## Wellbeing Place:

- [Practicing Self-Care](#)
- [Limiting Social Media Use](#)
- [Setting Healthy Boundaries](#)
- [Optimizing Your Sleep Environment](#)
- [Kick Back and Relax!](#)
- [Mindful Moments](#)

## Videos:

### Lunch & Learns:

- [Work-Life Balance \[Lunch & Learn\]](#)
- [Preventing Burnout \[Lunch & Learn\]](#)
- [Got Friends? Valuing Workplace Friendships \[Lunch & Learns\]](#)
- [Stress Management for High Burn Out Professions \[Lunch & Learn\]](#)

### SupportLinc:

- [Self-Care Strategies for Emotional Wellbeing](#)
- [Healthy Habits](#)
- [Healthy Relationships: Developing Supportive Connections](#)
- [Self-Care \[Monthly Feature\]](#)

## PRO Wellness Website:

- [Emotional Wellness Checklist](#)
- [How to Make a Self-Care Checklist that Actually Works for You](#)
- [Why You Should Practice Self-Care & 7 Ways To Do It](#)
- [Make Self-Care a Priority](#)
- [Self-Care & Mental Health](#)
- [Healthy Activities To Do at Home](#)