

WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

Communicate

HealthySteps to Wellness is your partner

Expert on wellness platform and HealthySteps to Wellness website

Enthusiastic about joining forces as a community of Wellness Champions

Role Model to others

Resources for Lowering Stress



YOU MAY FIND IT HELPFUL TO FIND ONE RESOURCE THAT WILL HELP YOU RIGHT NOW.

Ambient Music on YouTube

- **Calm Whale**
- **Meditative Mind**
- **Dreamy Sound**
- Other search terms: Binaural beats, ambient music, meditation music, or yoga music

Anatomy and Physiology: Fight/Flight/Freeze vs. Rest and Digest

- **Sympathetic Response:** A crash course on the anatomy and physiology of the sympathetic response (fight, flight, freeze)
- **Parasympathetic Response:** A crash course on the anatomy and physiology of the parasympathetic response (rest and digest)

Brain Basics and Practices for Lowering Stress that Change the Brain

- **Introduction to a Model of the Brain:** Understanding the lower and upper brain centers and what they do
- **Super Quick Overview:** Of meditation and the brain
- **Dr. Dan Siegel on brain structure, the mind, and mindfulness**
- **Meditation & the Brain:** Light article on meditation and the brain with a few links to research
- **Brain Scans & Buddhist Monks:** Brief article referring to some of the earlier studies on brain scans and Buddhist monks

HealthySteps to Wellness Resources

- **Calendar of Wellness Events:** Other search terms: Binaural beats, ambient music, meditation music, or yoga music
- **Self-Care Guide:** A list of resources that may be of help to support your physical, mental and social well-being
- **Podcast Segment:** A HealthySteps produced segment focusing on self-compassion
- **Headspace:** Under “Tools” > Mindfulness (Headspace) > Select either Stanford Health Care or Stanford Children’s Health

Stanford Health Care Resources

- **Other resources on wellness, resilience, and development**

Stanford Children’s Health Resources

- **Other resources on wellness, resilience, and development**

John Kabat-Zinn and Mindfulness Based Stress Reduction Books

- **Full Catastrophe Living**
- **Wherever You Go, There You Are**

Outside Resources

- **UCLA Mindfulness Awareness Research Center:** Mindfulness resources
- **Insight Timer:** Free app with thousands of meditations
- **COVID Coach:** Free app from the VA with tools for coping during the pandemic, self-care resources and trackers
- **Tara Brach Podcast:** Author of *Radical Acceptance*
- **Sharon Salzberg Podcast**

Stanford University Resources

- **Center for Compassion and Altruism Research and Education:** Provides a number of mindfulness options and support
- **Contemplation by Design :** Provides annual contemplative and mindfulness practices and events
- **Mind Body Lab:** Provides up to date research on stress, mindset, and other relevant topics

Stress and Illness

- **Dr. Robert Sapolsky:** Author of *Why Zebras Don't Get Ulcers* discusses stress and illness

Research on Telomeres and Stress

- **Zen Meditation, Length of Telomeres:** Skip to the discussion if you don't want to read the rest. Note the mention on Zen and Loving Kindness meditations
- **Dr. Epel:** Interview discussing the basics of telomeres and stress, plus a little more
- Manuscript on meditation and telomeres attached, with references at the end for anyone who wants to search for articles on PubMed or Google Scholar

Transcendental Meditation (TM)

- **Background:** A little more on TM and an [article](#) about it with a slightly different spin, which includes the actual format

Free Yoga

- **Free Yoga:** Yoga with Adriene

Free Pilates

- **Blogilates:** Brief, customizable pilates workouts with various pre-planned challenges

Free HIIT, Weight Lifting, Blended Workouts

- **Free Workout Plans with Heather Robertson:** Cardio, weights, HIIT, and other workouts
- **Free Workout Plans with Fitness Blender:** Cardio, weights, HIIT, and other workouts

QUESTIONS? Please contact healthysteps@stanfordhealthcare.org