

# I ♥ Wellness

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## A few of my favorite things 2013...

### ♥ WebMD Food and Fitness Planner

[www.webmd.com/diet/food-fitness-planner/default.htm](http://www.webmd.com/diet/food-fitness-planner/default.htm)

### ♥ 5 minute desk exercises

[http://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes?ecd=wnl\\_fit\\_101813&ctr=wnl-fit-101813\\_ld-stry&mb=](http://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes?ecd=wnl_fit_101813&ctr=wnl-fit-101813_ld-stry&mb=)

### ♥ World Smile Day ☺

This day is devoted to smiles and acts of kindness. Pass it on...all year long!

### ♥ WooFood

[www.WooFood.org](http://www.WooFood.org)

### ♥ UMass employee wellness initiatives

UMass Memorial Health Care- Look for the *myHealth Matters* wellness pages on MyHR  
UMass Medical School- [www.umassmed.edu/hr/work-life/index.aspx](http://www.umassmed.edu/hr/work-life/index.aspx)

### ♥ Health information in many different languages

<http://nnlm.gov/outreach/consumer/multi.html>

### ♥ Healthy recipes

 courtesy of the UMass Medical School Center for Applied Nutrition

<http://www.umassmed.edu/nutrition/index.aspx>

### ♥ Walking the dog 🐾

### ♥ Mindfulness in Psychiatry webpage

<http://www.umassmed.edu/psychiatry/mindfulness.aspx>

### ♥ Breathing exercises

[http://media.dartmouth.edu/~healthd/short\\_relaxation.mp3](http://media.dartmouth.edu/~healthd/short_relaxation.mp3)

Additional wellness resources can be found on the UMass Department of Psychiatry Wellness Webpage at [www.umassmed.edu/psychiatry/wellness.aspx](http://www.umassmed.edu/psychiatry/wellness.aspx).