



National Council on Alcoholism & Drug Dependence-Rochester Area
1931 Buffalo Road - Rochester, New York 14624
Telephone: (585) 719-3480 or 719-3490 Fax: (585) 423-1908
Website: www.ncadd-ra.org

Resilience Resources

Resource/Tool	Author/Developer	Link
General Wellness: resources for overall health and wellness		
Creating a Healthier Life: A Step-By-Step Guide to Wellness	SAMHSA	CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS (samhsa.gov)
The Ultimate Guide to Overall Wellness & How You Can Achieve It	Devendra Patil	The Ultimate Guide To Overall Wellness & How You Can Achieve It. (devendra-patil.com)
Promoting Wellness: A Guide to Community Action	SAMHSA	Promoting Wellness Guide (samhsa.gov)
Wellness Activity Lessons: A Guide for Group Leaders	Collaborative Support Programs of New Jersey, Inc. Wellness Institute	cspnj_wellness_activity_manual_2016.pdf (center4healthandsdc.org)
“What is your legacy” video on YouTube	Dr. Joel Bennett/Susan Steinbrecher	http://www.youtube.com/watch?v=s9Dx0YHA5-w
Thrally Well Being App	Achivi, LLC	
My Weekly Wins App	Gitanjali Taneja	
Better You- Your Digital Coach App	Better Time Co.	
Emotional Wellness: resources for coping with anxiety, depression, grief, inner conflict/tension		
Emotional Wellness Toolkit	NIH	Emotional Wellness Toolkit National Institutes of Health (NIH)
Emotional Wellness Checklist	NIH	Emotional Wellness Checklist (nih.gov)
Emotional Well-Being/Population Health	CDC	Emotional Well-Being Population Health (cdc.gov)
National Wellness Week: Focus on Emotional Wellness Video (1.27 minutes)	SAMHSA	National Wellness Week: Focus on Emotional Wellness! - Bing video
Tai Chi and Qigong	Feel the Qi	Introduction to Tai Chi Qigong Taiji for Health Feel the Qi
Yoga	Yoga Journal	https://www.yogajournal.com/
Mindfulness	Mindful	https://www.mindful.org/

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Acceptance and Commitment Therapy	ACBS: Association for Contextual Behavior Science	https://contextualscience.org/act
Emotional Freedom Technique	The Tapping Solution	https://www.thetappingsolution.com/
Self-Compassion	Dr. Kristin Neff	http://self-compassion.org/
Tranquil Mindfulness App	Silver Oak Health	
Mindfulness Coach App	VA	
Emotion Application App	U. Well Brokers, LLC	
HappyBot: Personal Guide to Better Mental Health App	Calmsie	
PTSD Coach App	VA	
Virtual Hope Box App	National Ctr for Telehealth & Technology	
Recovery Path for Addiction App	Recovery Record	
My Sober Life	BookMobile	
Environmental Wellness: resources to enhance your home, work, and neighborhood environments		
Environmental Wellness Toolkit	NIH	Environmental Wellness Toolkit National Institutes of Health (NIH)
National Center for Environmental Health	CDC	CDC National Center for Environmental Health
National Wellness Week: Focus on Environmental Wellness Video (1.24 minutes)	SAMHSA	Narrated - National Wellness Week: Focus on Environmental Wellness! - Bing video
AWorld in Support of Act Now App	AWorld Srl SB	
JouleBug App	Cleanbit Systems, Inc.	
EcoCRED- Do Your Part App	Steer Holdings, LLC	
Financial Wellness: resources to enhance financial awareness		
What is Financial Wellness and Why is it So Important?	Alex Nguyen- WebbMD	What Is Financial Wellness and Why Is It So Important? - WebMD Health Services

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How an Employee Financial Wellness Program Can Benefit Your Small Business	Paychex Worx	Employee Financial Wellness Program Can Benefit Your Business Paychex
Credit Card Counseling	NFCC	NFCC Nonprofit Free Credit and Debt Advice
Find a Financial Planner near you	NAPFA	The National Association of Personal Financial Advisors NAPFA
Consumer advocates		Clark.com - Advice You Can Trust From Clark Howard and Team Clark Suze Orman Personal Finance Expert
Financial Wellness Video (6.56 minutes)	YouTube by goHealthWize	Financial Wellness - Bing video
Budget Calculators		https://tinyurl.com/y9qhr yng or https://tinyurl.com/y9op8uon
NerdWallet: Finance Tracker App	NerdWallet	
Intellectual Wellness: resources for keeping your mind healthy		
12 Proven Ways to Increase Your Intellectual Wellness	Tracy Kennedy: Lifehack's Personal Development Expert	12 Proven Ways To Increase Your Intellectual Wellness (lifehack.org)
How to Increase Your Intellectual Wellness	Natasha Burton: Goalcast	Intellectual Wellness: Definition & Examples Goalcast
National Wellness Week: Focus on Intellectual Wellness Video (1.24 minutes)	SAMHSA	National Wellness Week: Focus on Intellectual Wellness! - Bing video
Intellectual Wellness Video (5.37 minutes)	YouTube by Delaney Hogg	Intellectual Wellness - Bing video
Sudoku App	Staple Games	
Word Guess-Word Games App	Mediaflex Games	
Occupational Wellness: resources pertaining to work wellness		
Occupational Wellness- Rediscover Your Way Home to a Stress-Free Work-Life	Neha Yasmin at Vantage Circle	Occupational Wellness - A Guide for Stress-free Work-Life (vantagefit.io)

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Work Life Balance	Mental Health America	Work Life Balance Mental Health America (mhanational.org)
National Wellness Week: Focus on Occupational Wellness Video (1.51 minutes)	SAMHSA	National Wellness Week: Focus on Occupational Wellness! - YouTube
What is Work/Life Balance Video	YouTube by Kevin Lau	What is Work-Life Balance? - Bing video
The Personality Types App	Derek Holevinsky	
Thrive in the Workplace App	Career Education Council Guelph-Wellington-Dufferin	
Physical Wellness: resources for physical health in addition to talking with your doctor or healthcare provider		
Physical Wellness Toolkit	NIH	Physical Wellness Toolkit National Institutes of Health (NIH)
Disease Prevention Toolkit	NIH	Disease Prevention Toolkit National Institutes of Health (NIH)
Move Your Way: App, fact sheets, videos	US ODPHP	Walk. Run. Dance. Play. What's your move? – Move Your Way health.gov
Physical Activity Guidelines for Americans	US DHHS	Physical Activity Guidelines for Americans, 2nd edition (health.gov)
Physical Activity	CDC	Physical Activity CDC
Worksite Physical Activity	CDC	Worksite Physical Activity Physical Activity CDC
Workplace Health Strategies	CDC	Workplace Health Strategies Workplace Health Promotion CDC
National Wellness Week: Physical Wellness Video (1.22 minutes)	SAMHSA	National Wellness Week: Focus on Physical Wellness! – Bing video
WellBalance Knowledge8 Video- Physical Wellness Video (3.31 minutes)	Vimeo	WellBalance Knowledge8 Video – Physical Wellness Video – Bing video
Reliable sources of health information	WebMD	http://www.webmd.com/
MyFitnessPal App	MyFitnessPal, Inc.	
COVID Coach App	VA	
Stay Quit Coach App (Smoking/Tobacco)	VA	

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Social Wellness: resources for improving relationships		
Social Wellness Toolkit	NIH	Social Wellness Toolkit National Institutes of Health (NIH)
What is Social Wellbeing? 12 Activities for Positive Social Relationships	Daniela Ramirez, PHD candidate of Positive Psychology	What Is Social Wellbeing? 12 Activities for Positive Relationships (positivepsychology.com)
20 Fun Social Wellness Activities for the Workplace	Priyakshi Sharma of Vantage Circle	20 Fun Social Wellness Activities for Every Workplace (vantagefit.io)
National Wellness Week: Focus on Social Wellness (1.31 minutes)	SAMHSA	Narrated - National Wellness Week: Focus on Social Wellness! - Bing video
Social Wellness: Increase your Social Connections Video (2.05 minutes)	YouTube	Social Wellness: Increase Your Social Connections - Bing video
Nextdoor App	Nextdoor	
Spiritual Wellness: tools to assist with making meaning/purpose of life		
What is Spiritual Wellness and Why is It Important?	Ryan Corte	What Is Spiritual Wellness and Why Is It Important? IntroWellness
The Keys to Spiritual Wellness	Tony Robbins Blog in Health& Vitality	Spiritual wellness: what is it and how to improve it? (tonyrobbins.com)
National Wellness Week: Focus on Social Wellness Video (1.29 minutes)	SAMHSA	Narrated – National Wellness Week: Focus on Spiritual Wellness! – Bing video
Spiritual Wellness Video (2.20 minutes)	Vimeo	Spiritual Wellness Video - Bing video
Quotes- Daily Dose of Wisdom App	Meevi Laps Tecnologia	
Twenty-Four Hours a Day	BookMobile	

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