



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) |
| 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) |
| 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/ |
| 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/ |

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| 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 |
| 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 |

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| 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/y9qhryng |
| 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 |
| 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) |
| 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 |
| The Personality Types App | Derek Holevinsky | |
| Thrive in the Workplace App | Career Education Council Guelph-Wellington-Dufferin | |



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| 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 |
| 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 | |
| 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) |
| Social Wellness: Increase your Social Connections Video (2.05 minutes) | YouTube | Social Wellness: Increase Your Social Connections - Bing video |
| Nextdoor App | Nextdoor | |

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| Spiritual Wellness: tools to assist with making meaning/purpose of life | | |
| 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 |
| Quotes- Daily Dose of Wisdom App | Meevi Laps Tecnologia | |
| Twenty-Four Hours a Day | BookMobile | |