



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](http://www.ncadd-ra.org)



### Resilience Resources

Resource/Tool	Author/Developer	Link
<b>General Wellness:</b> resources for overall health and wellness		
Creating a Healthier Life: A Step-By-Step Guide to Wellness	SAMHSA	<a href="https://www.samhsa.gov/creating-a-healthier-life-a-step-by-step-guide-to-wellness">CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS (samhsa.gov)</a>
Promoting Wellness: A Guide to Community Action	SAMHSA	<a href="https://www.samhsa.gov/promoting-wellness-guide">Promoting Wellness Guide (samhsa.gov)</a>
Wellness Activity Lessons: A Guide for Group Leaders	Collaborative Support Programs of New Jersey, Inc. Wellness Institute	<a href="https://www.center4healthandsdc.org/cspnj_wellness_activity_manual_2016.pdf">cspnj_wellness_activity_manual_2016.pdf (center4healthandsdc.org)</a>
“What is your legacy” video on YouTube	Dr. Joel Bennett/Susan Steinbrecher	<a href="http://www.youtube.com/watch?v=s9Dx0YHA5-w">http://www.youtube.com/watch?v=s9Dx0YHA5-w</a>
Thrally Well Being App	Achivi, LLC	
My Weekly Wins App	Gitanjali Taneja	
Better You- Your Digital Coach App	Better Time Co.	
<b>Emotional Wellness:</b> resources for coping with anxiety, depression, grief, inner conflict/tension		
Emotional Wellness Toolkit	NIH	<a href="https://www.nih.gov/emotional-wellness-toolkit">Emotional Wellness Toolkit   National Institutes of Health (NIH)</a>
Emotional Wellness Checklist	NIH	<a href="https://www.nih.gov/emotional-wellness-checklist">Emotional Wellness Checklist (nih.gov)</a>
Emotional Well-Being/Population Health	CDC	<a href="https://www.cdc.gov/emotional-well-being-population-health">Emotional Well-Being   Population Health (cdc.gov)</a>
Tai Chi and Qigong	Feel the Qi	<a href="https://www.feeltheqi.com/introduction-to-tai-chi-qigong-taiji-for-health-feel-the-qi">Introduction to Tai Chi Qigong Taiji for Health Feel the Qi</a>
Yoga	Yoga Journal	<a href="https://www.yogajournal.com/">https://www.yogajournal.com/</a>
Mindfulness	Mindful	<a href="https://www.mindful.org/">https://www.mindful.org/</a>
Acceptance and Commitment Therapy	ACBS: Association for Contextual Behavior Science	<a href="https://contextualscience.org/act">https://contextualscience.org/act</a>
Emotional Freedom Technique	The Tapping Solution	<a href="https://www.thetappingsolution.com/">https://www.thetappingsolution.com/</a>
Self-Compassion	Dr. Kristin Neff	<a href="http://self-compassion.org/">http://self-compassion.org/</a>

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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	
<b>Environmental Wellness:</b> resources to enhance your home, work, and neighborhood environments		
Environmental Wellness Toolkit	NIH	<a href="#">Environmental Wellness Toolkit   National Institutes of Health (NIH)</a>
National Center for Environmental Health	CDC	<a href="#">CDC   National Center for Environmental Health</a>
National Wellness Week: Focus on Environmental Wellness Video (1.24 minutes)	SAMHSA	<a href="#">Narrated - National Wellness Week: Focus on Environmental Wellness! - Bing video</a>
AWorld in Support of Act Now App	AWorld Srl SB	
JouleBug App	Cleanbit Systems, Inc.	
EcoCRED- Do Your Part App	Steer Holdings, LLC	
<b>Financial Wellness:</b> resources to enhance financial awareness		
What is Financial Wellness and Why is it So Important?	Alex Nguyen- WebbMD	<a href="#">What Is Financial Wellness and Why Is It So Important? - WebMD Health Services</a>
How an Employee Financial Wellness Program Can Benefit Your Small Business	Paychex Worx	<a href="#">Employee Financial Wellness Program Can Benefit Your Business   Paychex</a>
Credit Card Counseling	NFCC	<a href="#">NFCC Nonprofit Free Credit and Debt Advice</a>
Find a Financial Planner near you	NAPFA	<a href="#">The National Association of Personal Financial Advisors   NAPFA</a>

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Resource/Tool	Author/Developer	Link
Consumer advocates		<a href="#">Clark.com - Advice You Can Trust From Clark Howard and Team Clark</a> <a href="#">Suze Orman   Personal Finance Expert</a>
Financial Wellness Video (6.56 minutes)	YouTube by goHealthWize	<a href="#">Financial Wellness - Bing video</a>
Budget Calculators		<a href="https://tinyurl.com/y9qhryng">https://tinyurl.com/y9qhryng</a>
NerdWallet: Finance Tracker App	NerdWallet	
<b>Intellectual Wellness: resources for keeping your mind healthy</b>		
12 Proven Ways to Increase Your Intellectual Wellness	Tracy Kennedy: Lifehack's Personal Development Expert	<a href="#">12 Proven Ways To Increase Your Intellectual Wellness (lifehack.org)</a>
How to Increase Your Intellectual Wellness	Natasha Burton: Goalcast	<a href="#">Intellectual Wellness: Definition &amp; Examples   Goalcast</a>
National Wellness Week: Focus on Intellectual Wellness Video (1.24 minutes)	SAMHSA	<a href="#">National Wellness Week: Focus on Intellectual Wellness! - Bing video</a>
Sudoku App	Staple Games	
Word Guess-Word Games App	Mediaflex Games	
<b>Occupational Wellness: resources pertaining to work wellness</b>		
Occupational Wellness- Rediscover Your Way Home to a Stress-Free Work-Life	Neha Yasmin at Vantage Circle	<a href="#">Occupational Wellness - A Guide for Stress-free Work-Life (vantagefit.io)</a>
Work Life Balance	Mental Health America	<a href="#">Work Life Balance   Mental Health America (mhanational.org)</a>
National Wellness Week: Focus on Occupational Wellness Video (1.51 minutes)	SAMHSA	<a href="#">National Wellness Week: Focus on Occupational Wellness! - YouTube</a>
The Personality Types App	Derek Holevinsky	
Thrive in the Workplace App	Career Education Council Guelph-Wellington-Dufferin	



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<b>Physical Wellness:</b> resources for physical health in addition to talking with your doctor or healthcare provider		
Physical Wellness Toolkit	NIH	<a href="#">Physical Wellness Toolkit   National Institutes of Health (NIH)</a>
Disease Prevention Toolkit	NIH	<a href="#">Disease Prevention Toolkit   National Institutes of Health (NIH)</a>
Move Your Way: App, fact sheets, videos	US ODPHP	<a href="#">Walk. Run. Dance. Play. What's your move? – Move Your Way   health.gov</a>
Physical Activity Guidelines for Americans	US DHHS	<a href="#">Physical Activity Guidelines for Americans, 2nd edition (health.gov)</a>
Physical Activity	CDC	<a href="#">Physical Activity   CDC</a>
Worksite Physical Activity	CDC	<a href="#">Worksite Physical Activity   Physical Activity   CDC</a>
Workplace Health Strategies	CDC	<a href="#">Workplace Health Strategies   Workplace Health Promotion   CDC</a>
National Wellness Week: Physical Wellness Video (1.22 minutes)	SAMHSA	<a href="#">National Wellness Week: Focus on Physical Wellness! – Bing video</a>
Reliable sources of health information	WebMD	<a href="http://www.webmd.com/">http://www.webmd.com/</a>
MyFitnessPal App	MyFitnessPal, Inc.	
COVID Coach App	VA	
Stay Quit Coach App (Smoking/Tobacco)	VA	
<b>Social Wellness:</b> resources for improving relationships		
Social Wellness Toolkit	NIH	<a href="#">Social Wellness Toolkit   National Institutes of Health (NIH)</a>
What is Social Wellbeing? 12 Activities for Positive Social Relationships	Daniela Ramirez, PHD candidate of Positive Psychology	<a href="#">What Is Social Wellbeing? 12 Activities for Positive Relationships (positivepsychology.com)</a>
20 Fun Social Wellness Activities for the Workplace	Priyakshi Sharma of Vantage Circle	<a href="#">20 Fun Social Wellness Activities for Every Workplace (vantagefit.io)</a>
Social Wellness: Increase your Social Connections Video (2.05 minutes)	YouTube	<a href="#">Social Wellness: Increase Your Social Connections - Bing video</a>
Nextdoor App	Nextdoor	

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<b>Spiritual Wellness: tools to assist with making meaning/purpose of life</b>		
The Keys to Spiritual Wellness	Tony Robbins Blog in Health & Vitality	<a href="http://tonyrobbins.com">Spiritual wellness: what is it and how to improve it? (tonyrobbins.com)</a>
National Wellness Week: Focus on Social Wellness Video (1.29 minutes)	SAMHSA	<a href="#">Narrated – National Wellness Week: Focus on Spiritual Wellness! – Bing video</a>
Quotes- Daily Dose of Wisdom App	Meevi Laps Tecnologia	
Twenty-Four Hours a Day	BookMobile	