**Resources**

**Emotional**

[Stress and Health: The New “Apple a Day” Prescription](http://www.integration.samhsa.gov/about-us/esolutions-newsletter/stress-and-health-the-new-apple-a-day-prescription)

In an exclusive interview with the SAMHSA-HRSA Center for Integrated Health Solutions, Drs. Benson and Fricchione of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital explain the science of stress and how stress management improves health for people with chronic physical, mental, and addiction disorders.

[Positive Thinking: Stop Negative Self-Talk to Reduce Stress](http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950)

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.

[American Heart Association’s Resources on Stress Management](http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)

Learn how to deal with stress with healthy habits from the American Heart Association.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved

in your own wellness. Access worksheets, assessment tools, inventories and more.

[Coping with Traumatic Events: Resources for Children, Parents, Educators, and other Professionals](http://www.samhsa.gov/capt/tools-learning-resources/coping-traumatic-events-resources)

Access self-help guides and tips on coping with traumatic events from SAMHSA and the National Child Traumatic Stress Network.

[Behavioral Health Treatment Services Locator](https://findtreatment.samhsa.gov/)

The Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

[Disaster Distress Helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

SAMHSA’s Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

**Environmental**

[Feng Shui for Health and Energy](http://health.cvs.com/GetContent.aspx?token=f75979d3-9c7c-4b16-af56-3e122a3f19e3&chunkiid=13510)

Practitioners of traditional Chinese medicine believe that to feel good, you must be surrounded by good chi, or energy. Learn feng shui tips from this CVS website.

[Healthypeople.gov Environmental Health](https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health)

Humans interact with the environment constantly. Learn more about environmental health from Healthy People 2020.

[Health and Safety Tips for Your Home](http://www.cdc.gov/healthyhomes/byroom/index.html)

Access health and safety tips for each room in your home, from the attic to the basement, yard to garage.

[University of California Mind Body Challenge](http://wellnesschallenge.ucdavis.edu/environmental.html)

The University of California, Davis offers challenge ideas for environmental wellness, from joining clubs to starting a garden.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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[Recreation.gov](http://www.recreation.gov/marketing.do?goto=acm/Explore_And_More/hiking.htm)

Find places and spaces to get outside and enjoy nature on Recreation.gov, where you can find camping locations, national parks, and more.

[PBS NOVA scienceNOW](http://www.pbs.org/wgbh/nova/body/epigenetics.html)

Watch this 13-minute video to learn more about epigenetics, and how environment and lifestyle can influence our health.

**Financial**

[Benefits.gov](http://www.benefits.gov/)

Find out which benefits, like Medicaid or Supplemental Nutrition Assistance, you might be eligible to receive.

[Federal Trade Commission (FTC) Consumer Information](https://www.consumer.ftc.gov/)

The FTC is the nation’s consumer protection agency. Visit the website to learn more about money and credit, homes and mortgages, and more.

[Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)](http://www.fns.usda.gov/wic/women-infants-and-children-wic)

A federally-funded program that provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, or postpartum women, infants, and children up to age five who are found to be at nutritional risk. Learn more and apply.

[Supplemental Nutrition Assistance Program (SNAP)](http://www.fns.usda.gov/snap/applicant_recipients/apply.htm)

A federally-funded program that is the largest in the domestic hunger safety net and offers nutrition assistance to low-income individuals and families. Learn more and apply.

[The Emergency Food Assistance Program (TEFAP)](http://www.fns.usda.gov/fdd/programs/tefap/about_tefap.htm)

The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. Learn more and apply.

[Temporary Aid to Needy Families (TANF)](http://www.acf.hhs.gov/programs/ofa/help)

This program is designed to help needy families achieve self-sufficiency via block grants given to States to help operate programs that meet the TANF goals. This resource allows users to search for programs in their given state.

[Social Security Disability Income (SSDI) and Supplemental Security Income (SSI)](https://www.ssa.gov/disability/)

Administered by the Social Security Administration, SSDI and SSI provide assistance to people who have a disability and meet medical criteria to qualify for benefits.

[SAMHSA's SSI/SSDI Outreach, Access, and Recovery Technical Assistance (SOAR TA) Center](https://soarworks.prainc.com/)

SOAR is a national program designed to increase access to the disability income benefit programs administered by the Social Security Administration (SSA) for eligible adults who are experiencing or at risk of homelessness and have a mental illness, medical impairment, and/or a co-occurring substance use disorder.

[Work Incentives for those who receive SSI or SSDI](https://www.ssa.gov/disabilityresearch/wi/detailedinfo.htm)

This page highlights several of the work incentives that are available, like Ticket-to-Work and Student Earned Income Exclusion.

[Money Smart](https://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html)

The newly enhanced Money Smart Computer-Based Instruction (CBI) is an easy-to-use tool to learn more about basic personal financial management.

[Financial Entertainment](http://financialentertainment.org/aboutus.html)

Financial Entertainment is a library of free online and mobile games that aim to improve personal financial capability, self-confidence, and knowledge.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved

in your own wellness. Access worksheets, assessment tools, inventories and more.

**Intellectual**

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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[Signs and Tips for Intellectual Wellness](http://www.unh.edu/health-services/ohep/intellectual-wellness)

Access additional tips and tools for intellectual wellness from the University of New Hampshire Health Services.

[Intellectual Wellness Self-Assessment](http://medicine.uams.edu/faculty/current-faculty/faculty-wellness-program/intellectual-wellness/)

Take an intellectual wellness self-assessment and get more tips for wellness from the University of Arkansas for Medical Sciences.

[Federal Resources for Educational Excellence](http://www2.ed.gov/free/index.html)

Check out this site to explore educational resources from government agencies and non-profits.

[University of California Mind Body Wellness Challenge](http://wellnesschallenge.ucdavis.edu/intellectual.html)

Learn more about intellectual wellness, and access links to brain teasers, puzzles, and more.

[Open University](http://www.open.edu/openlearn/)

OpenLearn offers more than 800 free courses on math, writing, accounting, music, and much more.

[edX](https://www.edx.org/)

Founded by Harvard University and MIT in 2012, edX is an online learning destination and Massive Open Online Courses (MOOC) provider, offering high-quality courses from the world’s best universities and institutions to learners everywhere.

**Occupational**

[Employment and Training Administration](https://www.doleta.gov/jobseekers/)

Employment and Training Administration (ETA) programs, resources and online tools help workers in all stages of the job and career development.

[Career One Stop](http://www.careeronestop.org/)

Explore careers, find trainings, search for jobs, learn more about your skills, and more with the U.S. Department of Labor’s Career One Stop.

[SAMHSA's SSI/SSDI Outreach, Access, and Recovery Technical Assistance (SOAR TA) Center Employment & Work Incentives](https://soarworks.prainc.com/topics/employment-work-incentives)

SOAR is a national program designed to increase access to the disability income benefit programs administered by the Social Security Administration (SSA) for eligible adults who are experiencing or at risk of homelessness and have a mental illness, medical impairment, and/or a co-occurring substance use disorder.

[USAJOBS](https://www.usajobs.gov/)

USAJOBS connects job seekers with federal employment opportunities across the United States and around the world. As the federal government’s official employment site, USAJOBS provides resources to help the right people find the right jobs.

[U.S. Department of Education](http://www.ed.gov/)

Learn about grant opportunities for higher education, applying for loans for college, and more.

[AmeriCorps](http://www.nationalservice.gov/programs/americorps)

AmeriCorps engages more than 75,000 Americans in intensive service each year at nonprofits, schools, public agencies, and community and faith-based groups across the country. Find service opportunities near you.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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**Physical**

[SmokeFree.gov](https://smokefree.gov/)

Smokefree.gov is intended to help you or someone you care about quit smoking.

[High Blood Pressure: How to Make Control Your Goal](http://millionhearts.hhs.gov/Docs/BP_Toolkit/TipSheet_How_to_MCYG_General.pdf)

Learn tips from the Million Hearts® on how to successfully manage and control your blood pressure.

[SAMHSA Shared Decision Making](http://media.samhsa.gov/consumersurvivor/sdm/StartHere.html)

Shared decision making (SDM) is an emerging best practice in health care and mental health services. It pairs a style of communication and decision making tools to help balance clinical information about mental health conditions and treatment options with an individual’s preferences, goals, and cultural values and beliefs. Access worksheets, tip sheets, and more.

[HRSA Find a Health Center](http://findahealthcenter.hrsa.gov/)

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Visit this resource to find a health center near you.

[Guides for Physical Activity and Weight Management](http://www.integration.samhsa.gov/health-wellness/wellness-strategies#physical)

Download a number of physical activity and weight management resources from the SAMHSA-HRSA Center for Integrated Solutions Wellness Strategies website.

[5 Healthy-Eating Resolutions You Can Actually Stick To](http://recipes.millionhearts.hhs.gov/articles/5-healthy-eating-resolutions-you-can-actually-stick)

From the Million Hearts®, try these healthy eating resolutions for a healthier you.

[Supplemental Nutrition Assistance Program Education (SNAP-ed)](https://snaped.fns.usda.gov/resource-library/handouts-and-web-sites/meal-planning-shopping-and-budgeting)

Tips and handouts on meal planning, shopping, and budgeting from the United States Department of Agriculture.

[USDA’s SuperTracker](https://www.supertracker.usda.gov/)

With SuperTracker, you can get a personalized nutrition and physical activity plan, track your foods and physical activities to see how they stack up, and get tips and support to help you make healthier choices and plan ahead.

[Centers for Disease Control and Prevention](http://www.cdc.gov/sleep) (CDC)

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression. Learn more about sleep from the CDC.

[Aim for a Healthy Weight: Interactive Menu Planner](http://www.nhlbi.nih.gov/health/educational/lose_wt/menuplanner.html)

Access free menu planners, a BMI calculator, and more with the National Heart, Lung, and Blood Institute.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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in your own wellness. Access worksheets, assessment tools, inventories and more.

**Social**

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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in your own wellness. Access worksheets, assessment tools, inventories and more.

[Signs and Tips for Social Wellness](http://www.unh.edu/health-services/ohep/social-wellness)

Access additional tips and tools for social wellness from the University of New Hampshire Health Services.

[Suggestions for Increasing Social Wellness](https://shcs.ucdavis.edu/wellness/social/)

The University of California, Davis offers ideas for social wellness, from joining clubs to practicing self-disclosure.

[Building a Healthy Relationship from the Start](http://www.cmhc.utexas.edu/vav/vav_healthyrelationships.html)

This article is based on an audiotape script originally developed by The University of Texas at Austin, and includes strategies for healthy relationships.

**Spiritual**

[Relaxation Response](http://www.relaxationresponse.org/steps/)

Follow these six steps to elicit the Relaxation Response.

[UCLA Mindful Awareness Research Center: Free Guided Meditations](http://marc.ucla.edu/body.cfm?id=22&oTopID=22)

The University of California, Los Angeles offers free guided meditations for an introduction to mindfulness meditation that you can practice on your own.

[The Center for Mindful Eating](http://thecenterformindfuleating.org/)

The purpose of The Center for Mindful Eating is to help professionals, institutions and the general public implement the principles and practices of mindful eating.

[National Center for Complementary and Integrative Health](https://nccih.nih.gov/)

The National Center for Complementary and Integrative Health (NCCIH) is the Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

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