

RESOURCES – WORK-LIFE BALANCE

There are thousands of resources that can be found online - it can actually be overwhelming and it is hard to know which webpages are actually trustworthy and research based. Below, I have compiled a few links just to get you started.

Meditation:

Online resources:

Mindfulness Based Stress Reduction (MBSR):

<https://palousemindfulness.com/MBSR/manual.html>

<http://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/about-mbsr/history-of-mbsr/>

Free samples and one free audio-book: <http://www.audible.com/>

e.g., search for Jon Kabat-Zinn, founder of MBSR

Mindfulness:

<https://www.verywell.com/mindfulness-exercises-for-everyday-life-3145187>

TedTalk by Shauna Shapiro:

<https://www.youtube.com/watch?v=IeblJdB2-Vo>

Myths about meditation: http://www.huffingtonpost.com/2015/03/08/meditation-myths_n_6804780.html

Spiritual teacher Eckart Tolle on meditation: <http://www.youtube.com/watch?v=2bAXwBbCtHg>

Local resources:

Buddhist meditation group in town:

<http://www.bodhipath.org/slo/>

Yoga:

Online resources:

Online yoga lessons (includes a free trial version): www.yogaglo.com

Local resources:

Yoga studios, such as SLO Yoga Center or Smiling Dog Yoga in downtown SLO or in Morro Bay. They always have a special package to try out yoga for a month or so at a very reduced prize.

<http://sloyogacenter.org/>

<http://smilingdogyoga.com/>

<http://yogacentermb.com/>

Conscious dancing:

Local resources:

Ecstatic Dance San Luis Obispo every other Sunday 4-6pm (see Facebook)

“Inner Rhythm” Dance in Cambria every Friday from 7:30-9pm at the Joslyn Center (see Facebook)

Healthy Food:

Online resources:

14 Keys of a healthy diet by UC Berkeley:

<http://www.berkeleywellness.com/healthy-eating/food/slideshow/14-keys-healthy-diet>

Physician Dr. Greger on healthy food:

nutritionfacts.org

Documentary on Netflix "What the health"

Personal/Spiritual growth and meditation:

Online resources:

(Audio-) Book by spiritual teacher Eckard Tolle "The Power of Now"

TedTalk by Brene Brown on Vulnerability (and other TedTalks):

https://www.ted.com/talks/brene_brown_on_vulnerability

Mental Health:

Online resources:

<https://uhs.berkeley.edu/counseling/prevention-education-outreach/mental-health-handbook>

Local resources:

Cal Poly Campus Health and Wellbeing: <https://hcs.calpoly.edu/>