

Stress Resilience Resources

Staff and Faculty Health and Well-Being

<https://safetyucd.sf.ucdavis.edu/units/occupational-health/health-well-being/stress-resilience>

❖ Campus Resources:

- Occupational Health: Staff and Faculty Health and Wellbeing
 - Live Zoom Meditations (Mon 4:15pm; Wed 12:45pm; Thurs 4:15pm)
 - Workshops
- Academic and Staff Assistance Program (Campus: 530-752-2727 ; Health: 916-734-2727)

❖ Digital Resources

- Progressive Muscle Relaxation Online:
<https://www.youtube.com/watch?v=ihO02wUzgkc>
- Deep Abdominal Breathing App: Breathe2Relax
- Mindfulness Apps
 - HealthyMinds
 - Stop, Breathe, Relax
 - Headspace
 - Ten Percent Happier

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UC Davis Staff and Faculty Health and Well-Being

