

The Wellness Leadership Council has compiled the following list of resources. Please contact Sue Sweeney, [ssweeney2@mercyhurst.edu](mailto:ssweeney2@mercyhurst.edu) with any questions.

1.

Mercyhurst Counseling Center, 814-824-3650, [www.mercyhurst.edu/campus-life/counseling-center](http://www.mercyhurst.edu/campus-life/counseling-center).

Cohen Health Center, 814-824-2431, [health@mercyhurst.edu](mailto:health@mercyhurst.edu), [www.mercyhurst.edu/campus-life/cohen-student-health-center](http://www.mercyhurst.edu/campus-life/cohen-student-health-center).

Mercyhurst Dining Services: Parkhurst

- o [www.mercyhurst.edu/campus-life/dining-services](http://www.mercyhurst.edu/campus-life/dining-services)
- o [lakersmercyhurst.sharepoint.com/sites/SPO\\_STU\\_DiningServices](http://lakersmercyhurst.sharepoint.com/sites/SPO_STU_DiningServices)
- o FoodU app

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Learn about meditation and mindfulness at

- o [www.mindful.org](http://www.mindful.org)
- o [www.positivepsychology.com/history-of-meditation](http://www.positivepsychology.com/history-of-meditation)
- o [www.psychologytoday.com/us/blog/meditation-modern-life/201307/overview-meditation-its-origins-and-traditions](http://www.psychologytoday.com/us/blog/meditation-modern-life/201307/overview-meditation-its-origins-and-traditions)

Find information about specific meditations here:

- o Body Scan:  
<https://www.mindful.org/the-body-scan-practice/>  
<https://www.youtube.com/watch?v=86HUcX8ZtAk>
- o Loving Kindness Meditation:  
<https://www.mindful.org/loving-kindness-meditation-with-sharon-salzberg/>  
<https://www.mindful.org/this-loving-kindness-meditation-is-a-radical-act-of-love/>
- o Mindful Eating:  
<https://www.mindful.org/6-ways-practice-mindful-eating/>  
<https://www.thecenterformindfuleating.org/page-1863947>
- o Forest Bathing  
<https://globalwellnessinstitute.org/wellnessevidence/forest-bathing/>

[https://greatergood.berkeley.edu/article/item/why\\_forest\\_bathing\\_is\\_good\\_for\\_your\\_health](https://greatergood.berkeley.edu/article/item/why_forest_bathing_is_good_for_your_health)

<https://www.verywellmind.com/what-is-forest-bathing-5190723>

- Visualization Meditation:  
<https://www.headspace.com/meditation/visualization>  
<https://positivepsychology.com/visualization-meditation/>  
<https://www.youtube.com/playlist?list=PLQiGxGHwiuD1kdxsWKFuHE0rITIXe-7yC>  
<https://www.youtube.com/watch?v=NbXUAg5tA0s>

Mindfulness and Meditation Apps:

- Insight Timer: <https://insighttimer.com/>
- Headspace: <https://www.headspace.com/meditation>
- Calm: <https://www.calm.com/>
- Mindful.org's list of five free mindfulness apps:  
<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

Mercyhurst Dining Services: nutrition

Eating disorders  
Swallowing disorders  
Cardiac, kidney, and osteoporosis  
Cancers