



ATLANTICARE MINDFULNESS RESOURCES

Loving Yourself Starts Now



Mindful Moments Videos

Take a moment to calm your mind and build resilience with these 3 minute videos. To sign up TEXT the word ATLANTICARE to 55678

478 BREATHING EXERCISE
[HTTPS://URLME.US/TOY3X](https://urlme.us/toy3x)

GUIDED MEDITATION
[HTTPS://URLME.US/AIK8Q](https://urlme.us/aik8q)

BEACH MEDITATION
[HTTPS://URLME.US/HIG2X](https://urlme.us/hig2x)

POSITIVE AFFIRMATIONS
[HTTPS://URLME.US/Q8N8W](https://urlme.us/q8n8w)


PROGRESSIVE MUSCLE RELAXATION
[HTTPS://URLME.US/J4R8K](https://urlme.us/j4r8k)

BENEFITS OF ANIMALS
[HTTPS://URLME.US/K7K4F](https://urlme.us/k7k4f)



Meditation Apps

Want to feel more calm, get some headspace, and practice mindfulness daily? Below are some apps for that.

 **headspace**

This app has the largest variety of meditations, with guided sessions for beginners.

 **InsightTimer**

This app is a free for for sleep, anxiety and stress.

 **hm**

Healthy Minds Program is a free meditation app.

Calm

Calm offers guided and unguided meditations that focus on relaxing in general and keeping steady in tough times.



Stop, Breathe & Think

This app is targeted for young adults, teens and kids. It features meditations based on how you're feeling physically and emotionally.

30 Minute Meditation

Practice relaxation and mindfulness techniques with Maribel, AtlantiCare Wellness Specialist certified in Mindfulness Based Stress Reduction. Every 2nd Tuesday of the month at the AtlantiCare LifeCenter. Free for members /\$10 for non-member. For more information call 609-677-5433.





Aromatherapy Consultations

Explore the amazing benefits of essential oils to aid in managing stress, improving sleep and relieving minor headaches and muscle aches. **Member Price: \$60/1hr. \$30/half hr. Non-Member Price: \$45/30 min. \$75/1hr.** For more information call 609-677-5433.

Massage Therapy

Relax, rejuvenate and restore at the AtlantiCare LifeCenter. *Swedish Massage *Deep Tissue Massage *Therapeutic Massage *Sports Massage *Prenatal Massage and much more. For more information call 609-677-5433.



Reiki

Reiki is a healing modality that assists in the body's natural ability to heal. It promotes harmony and balance within to help restore physical and emotional well-being. For more information call 609-677-5433.

AtlantiCare Employee Resources

Employee Assistance Program (EAP):

The Employee Assistance Program (EAP) is a confidential program designed to help employees and their immediate family members 18 and older, prevent, identify and resolve problems before they affect job performance. EAP offers confidential, brief intervention services both over the phone and in person, seminars, conflict resolution, employee wellness trainings, coaching and support around treatment needs as well as referrals to treatment as necessary. Call 1-800-260-0808 for EAP assistance.

Wellness Coaching:

Telephonic wellness coaching is available to AtlantiCare employees and spouses/partners for tobacco cessation, weight, management, stress management and nutrition FREE of charge. Call 609-677-7507.

Websites:

<https://www.healthcaregiver.cafe/> -Virtual meditation, yoga for healthcare staff, sleep support & coworker caregiving.

<https://www.rebootacademy.us/> - Resiliency resources specifically targeted to First Responders.

For more information call 609-677-7507 or email wellness@atlanticare.org.