

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

GUIDED MEDITATION

HTTPS://URLME.US/AIK8Q

BEACH MEDITATION

HTTPS://URLME.US/HIG2X

POSITIVE AFFIRMATIONS

HTTPS://URLME.US/Q8N8W

PROGRESSIVE MUSCLE RELAXATION

HTTPS://URLME.US/J4R8K

BENEFITS OF ANIMALS

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.



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.

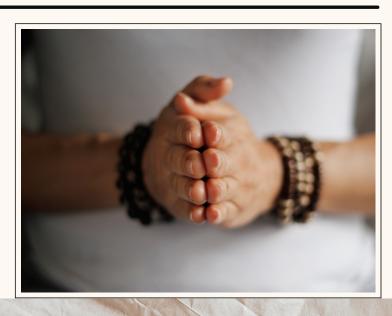


Stop, Breathe & Think

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/Ihr. \$30/half hr. Non-Member Price: \$45/30 min. \$75/Ihr. 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 I8 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 I-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.