

Ideas for Wellness and Resiliency offerings at WVU Medicine

FREE:

You Tube Videos and SoundCloud Audios on Moving, Breathing, and Meditations. These are each 3-5 minutes in length and designed for use during the work day to relieve stress and tension. Location: <https://www.wellbeingwv.com/resources>

30 minute radio shows on each of the 12 dimensions of wellness. Location: <https://www.wellbeingwv.com/resources>

Wellbeing workshops on each of the 12 dimensions in the Wellness Inventory

Group coaching around a theme (examples): Stress Management & Resiliency Training; Eating & Moving to Enhance Immunity; Brain Training for Positivity & Resiliency; Finding Meaning & Purpose; Breathing & Sensing as Energy Boosters

Individual Coaching (offered at reduced rate - employee pay and they can use HSA)

Subscription with sliding scale based on number of employees:

The Wellness Inventory – an online wellbeing management platform referred to by the Stanford Research Institute as a “Foundational Welllness Tool”. Employees have access for 1 year and this can be the focal point for wellness workshops, group coaching, and individual coaching. This is a complete wellbeing approach- body, mind, spirit and energy based on the work of Dr. John Travis. Included in the tool:

- Whole Person assessment
- Wellness & Motivation Profiles
- My Action Plan
- Email Reminders
- Progress Tracker
- My Wellness Journal
- Wellbeing Study Center with 120 articles
- 12 Resource Centers