

Carter-Pokras, O., Tchangalova, N., & Puett, R. (2022, June 29-July 2). *Strategies to increase happiness and wellbeing among public health students, faculty and staff* [Conference presentation]. The 10th European Conference on Positive Psychology, Reykjavik, Iceland.

Examples of Training/Education

Available to Faculty/Staff/Students in U.S. Schools of Public Health

June 2022

PLEASE READ: *This is NOT a comprehensive list of relevant programs, courses, and activities at accredited Schools of Public Health. Since we did not survey the Schools in this list, please view these as examples only of the types of training and education offered by accredited Schools of Public Health in the United States and/or their respective campuses.*

School	Training/Education	URL
Boston University	<ul style="list-style-type: none"> • Mindfulness meditation training for graduate students was piloted and evaluated in 2015. • Hired full-time wellness coordinator in August 2019 (Ilana Schlesinger- Master’s degree in counseling & yoga instructor), in university graduate student life. • Had monthly wellness newsletter through October 2020 • Created 11 videos • Activities organized around 8 realms of wellness and include: yoga classes, meditations, intuitive eating, sleep hygiene, stress reduction • Campus offers shorter version of mental health first aid training (2-3 hours) that is tailored to BU • Current wellness coordinator has a MPH from BU (Robyn Volcy-Lee) • Online well-being assessment 	<ul style="list-style-type: none"> • https://apha.confex.com/apha/143am/webprogram/Paper332172.html (2015) • https://www.bu.edu/sph/students/student-services/health-resources/

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School	Training/Education	URL
Brown University	<ul style="list-style-type: none"> • Has a Mindfulness Center which offers free community sessions • SPH courses are offered in mindfulness • MPH concentration in mindfulness was started in Fall 2020 • MBSR teacher training 	<ul style="list-style-type: none"> • https://www.brown.edu/public-health/mindfulness/home • https://www.brown.edu/academics/public-health/mph/curriculum/mindfulness • https://professional.brown.edu/certificate/mindfulness
Colorado University	<ul style="list-style-type: none"> • Population Mental Health and Wellbeing Program has list of resources • MPH concentration in Population Mental Health and Wellbeing • 15-credit Certificate in Population Mental Health & Wellbeing 	<ul style="list-style-type: none"> • https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/population-mental-health/resources/covid-19-resources#ac-mindfulness-sleep-and-exercise-resources-1 • https://coloradosph.cuanschutz.edu/education/degrees-and-programs/master-of-public-health/mph-in-population-mental-health-wellbeing • https://coloradosph.cuanschutz.edu/education/degrees-and-programs/certificates/certificate-in-population-mental-health-wellbeing
Columbia University	<ul style="list-style-type: none"> • Well-Being and Health Promotion offers daily meditations via Zoom • Wellbeing strategy sessions • Columbia University Buddhist Association offers weekly guided meditation 	<ul style="list-style-type: none"> • https://www.studenthealth.cuimc.columbia.edu/outreach-and-programs/well-being-and-health-promotion-programs/mindfulness-meditation • https://www.studenthealth.cuimc.columbia.edu/our-services/well-being-strategy-sessions • https://buddhistassociation.studentgroups.columbia.edu/content/meetings

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School	Training/Education	URL
CUNY	<ul style="list-style-type: none"> • SPH has a Student Wellness Counselor (Sherry Adams, LCSW) • Provides individual and group counseling and organizes events 	<ul style="list-style-type: none"> • https://sph.cuny.edu/students/student-services/student-wellness/counseling-and-wellness-services/
Emory University	<ul style="list-style-type: none"> • Mindfulness and Health course • Offers Certificate in Mental Health • Center for Contemplative Science and Compassion-Based Ethics offers online meditations 5X per week 	<ul style="list-style-type: none"> • https://www.sph.emory.edu/academics/courses/bshc-courses/index.html • https://www.sph.emory.edu/academics/certificates/certificate-mh/index.html • https://compassion.emory.edu/
Georgia Southern University	<ul style="list-style-type: none"> • Counseling center has links to meditation and breathing exercises 	<ul style="list-style-type: none"> • https://students.georgiasouthern.edu/counseling/resources/resource-library/relaxation-and-stress-management/
Harvard University	<ul style="list-style-type: none"> • Established in 2016, the Lee Kum Sheung Center for Health and Happiness sponsors monthly seminars • The Center for Health and Happiness offers an annual short summer course exploring the linkages between emotional well-being and physical health outcomes • Center for Wellness and Health Promotion offers Koru Mindfulness (Basic) training for students, guided meditation (zoom), recorded meditations, meditation for Harvard staff, yoga, tai chi etc. • Student compiled list of external tools 	<ul style="list-style-type: none"> • https://www.hsph.harvard.edu/health-happiness/center-seminar-series/ • https://www.wellbeing-harvard-ucl.org/ • https://wellness.huhs.harvard.edu/group-classes • https://wellness.huhs.harvard.edu/mindfulness-for-students • https://www.hsph.harvard.edu/student-affairs/mhsa-recommended-resources-draft/

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Johns Hopkins University	<ul style="list-style-type: none"> • Two graduate courses: Public Health and the Good Life; Building Resilience During Times of Uncertainty: An Evidence-Based Guide to Strengthen Your Personal Agency • Students have free access to the premium version of the Calm app (#1 app for Sleep, Meditation and Relaxation). JHED ID is required for signup. • Taped webinars are available on financial management and wellness, strategies for school life balance, and study without stress. • Mindfulness, yoga, nia fitness, marathon training, walks, healthy cooking, board games, a capella open music, and other events are offered. • Weekly mindfulness and meditation sessions • MBSR training offered to faculty and staff at the School of Medicine, and are working on expanding to hospital staff and faculty outside of SOM 	<ul style="list-style-type: none"> • https://www.jhsph.edu/courses/course/35901/2022/330.688.01/public-health-and-the-good-life • https://www.jhsph.edu/courses/course/36002/2022/224.801.01/building-resilience-during-times-of-uncertainty-an • https://www.jhsph.edu/offices-and-services/office-of-student-life/well-being/index.html • https://jhsap.org/services/school-life_coaching_and_adjustment/index.html • http://uhs.jhu.edu/wellness/calendar/ • https://uhs.jhu.edu/wellness/emotional_mental/ • https://www.hopkinsmedicine.org/psychiatry/specialty_areas/mindfulness/
Kent State University	<ul style="list-style-type: none"> • Mindful Mondays with Daron (guided mindfulness meditation via Zoom) • Faculty and staff outdoor hiking/walking program • Guided weekly meditation • 4-week mindfulness meditation class • List of happiness resources 	<ul style="list-style-type: none"> • https://www.kent.edu/hr/wellness/mindful-mondays-daron • https://www.kent.edu/hr/wellness/employee-trek • https://www.kent.edu/KSoW/meditation • https://www.kent.edu/KSoW/meditation/koru • https://www.kent.edu/hr/wellness/happiness-resources

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New York University	<ul style="list-style-type: none"> • Free yoga classes & links to other resources • Global Spiritual Life offers virtual trainings, tools and experiences that cultivate belonging 	<ul style="list-style-type: none"> • https://publichealth.nyu.edu/events-news/news/2019/12/06/mindfulness-resources • https://www.nyu.edu/students/communities-and-groups/student-diversity/spiritual-life/about-us.html
Ohio State University	<ul style="list-style-type: none"> • Ohio State Integrative Health offers classes in mind-body movement, support, meditation and mindfulness • Resources in guided imagery, heart centered practices, mindfulness practices, and relaxation response are also available 	<ul style="list-style-type: none"> • https://wexnermedical.osu.edu/integrative-health/classes • https://wexnermedical.osu.edu/integrative-health/resources
Oregon Health & Science University/ Portland State University	<ul style="list-style-type: none"> • Virtual mind spa offers online videos and exercises on mindfulness, meditation, journaling, mood trackers, self-care activities, body scan, yoga poses 	<ul style="list-style-type: none"> • https://www.pdx.edu/health-counseling/virtual-mind-spa
Oregon State University	<ul style="list-style-type: none"> • Recharge wellness challenge for faculty and staff was a 6-week program to participate in healthy choices: exercise programs, nutrition ideas, positive mental energy, in-office exercise challenges, and reward systems. 	<ul style="list-style-type: none"> • https://health.oregonstate.edu/fsf/recharge
Tulane University	<ul style="list-style-type: none"> • Meditation videos & links to apps for stress management, mindfulness, sleep 	<ul style="list-style-type: none"> • https://campushealth.tulane.edu/content/mindfulness
University at Albany - SUNY	<ul style="list-style-type: none"> • Mindful Mondays – guided meditation • 6 session mindfulness online series • Other links to coping and resilience resources 	<ul style="list-style-type: none"> • https://www.albany.edu/counseling_center/programs.shtml#StressLess • https://www.albany.edu/counseling_center/mindfulness.shtml • https://www.albany.edu/counseling_center/resources.shtml

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University at Buffalo	<ul style="list-style-type: none"> • MPH students in the online individualized program can take electives on holistic wellness and mindfulness through the Graduate School of Education 	<ul style="list-style-type: none"> • https://publichealth.buffalo.edu/home/news-events/news-archive/2019.host.html/content/shared/university/news/ub-reporter-articles/stories/2019/09/online-mph.detail.html
University of Alabama at Birmingham	<ul style="list-style-type: none"> • Mental Health Promotion Ambassadors program is a peer-to-peer mental health promotion program established in 2019 	<ul style="list-style-type: none"> • https://www.uab.edu/soph/home/academics/student-involvement/mental-health-promotion-ambassadors-program
University of Arizona	<ul style="list-style-type: none"> • 6-week virtual Tai Chi and Qigong intervention among older university employees • BA degree in Wellness and Health Promotion Practice • Minor in Wellness and Health Promotion Practice • Several undergraduate mindfulness courses: Mindfulness in Public Health Practice; Foundations of Mindfulness; Mindfulness based study tools; Mindfulness based movement 	<ul style="list-style-type: none"> • https://apha.confex.com/apha/2021/meetingapp.cgi/Paper/507605 • https://www.publichealth.arizona.edu/undergraduate/ba/health-and-wellness • https://www.publichealth.arizona.edu/undergraduate/minors/wellness-health-promotion-practice
University of Arkansas	<ul style="list-style-type: none"> • UAMS has a mindfulness program • Donation based 4-week virtual basic Koru mindfulness course • MBSR program • Weekday mindfulness practice via Zoom 	<ul style="list-style-type: none"> • https://mindfulness.uams.edu/ • https://studentwellness.uams.edu/

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School	Training/Education	URL
University of California at Berkeley	<ul style="list-style-type: none"> • Graduate student happiness and wellbeing survey conducted in 2014 (Berkeley) and 2016 (state-wide) led to several recommendations • Formed in April 2018, the School’s Wellness and Sustainability group meets monthly. • Plans include getting Green Department Certification; creating a reuse station; setting a parcourse/stretching room; hosting a stairs challenge; offering a freecycle event; organize a wellness fair. • Weekly guided stretching • Faculty/staff workshops on guided meditation, reframing thoughts • Wellness and sustainability committee • Mindfulness Meditation Teacher Certification Program 2-year online program • Greater Good Science Center offers self-paced, online training including 8-week course on the Science of Happiness, 3 course professional certificate on The Science of Happiness at Work, and online courses for educators 	<ul style="list-style-type: none"> • http://ga.berkeley.edu/wellbeingreport/ • http://ga.berkeley.edu/wp-content/uploads/2015/04/wellbeingreport_2014.pdf • https://ucop.edu/institutional-research-academic-planning/files/graduate_well_being_survey_report.pdf • https://publichealth.berkeley.edu/student-life/wellness-and-sustainability/ • https://uhs.berkeley.edu/bewellatwork/workshops • https://publichealth.berkeley.edu/student-life/wellness-and-sustainability/ • https://mmtcp.soundstrue.com/
University of California Los Angeles	<ul style="list-style-type: none"> • Need a Break webpage lists links to guided meditations, UCLA mindful app, free yoga classes and other resources • UCLA Mindful Awareness Center offers multiple classes and events including a 4-credit course on Mindfulness Practice and Theory, free drop-in meditations, guided mindfulness meditations in different languages available online and through a UCLA mindful app, live online 6-week Mindful Awareness Practice courses, Training in Mindfulness Facilitation 	<ul style="list-style-type: none"> • https://ph.ucla.edu/need-break • https://www.uclahealth.org/marc/default.cfm

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University of Florida	<ul style="list-style-type: none"> • Offer 2 online MPH courses that focus on Adverse Child Experiences, trauma-informed, and resilience-based public health • Silver Cloud self-guided program is free to UF students • A school-wide initiative, Promoting Happy, Healthy People, was launched in 2019 • Mental wellness resources for students include 6 relaxation exercise videos • Social wellness resources include random acts of kindness binder, and link to student organizations (one is Acts of Kindness) • Weekly graduate student stress management through mindfulness and meditation workshops • Separate webpages for faculty and staff 	<ul style="list-style-type: none"> • https://apha.confex.com/apha/2021/meetingapp.cgi/Paper/499981 • https://wellness.phhp.ufl.edu/wellness-resources-for-students/ • https://phhp.ufl.edu/2019/09/13/promoting-happy-healthy-people/ • https://counseling.ufl.edu/gradstudentsupport/ • https://wellness.phhp.ufl.edu/wellness-resources-for-faculty/ • https://wellness.phhp.ufl.edu/wellness-resources-for-staff/
University of Georgia	<ul style="list-style-type: none"> • Wednesday Wellness Walk takes place twice a month • Wellness coaching • 5 audio recordings on mindfulness • Weekday mindfulness and yoga sessions online 	<ul style="list-style-type: none"> • https://healthpromotion.uga.edu/well-being-prevention-programs/

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School	Training/Education	URL
University of Illinois at Chicago	<ul style="list-style-type: none"> • SPH has wellness coordinator (Michele Rodriguez Taylor) • Wellness webpage with links to self-care and resilience, breathing and mindfulness, wellness music, podcasts and videos, and other resources • Offering Koru Mindfulness Basic (4 sessions) in the summer • Wellness coaching • Spiritual Life Office offers private one on one meditation, daily prompts, prerecorded gentle yoga videos, virtual yoga and meditation classes 	<ul style="list-style-type: none"> • https://publichealth.uic.edu/current-students/sph-student-wellness-2/ • https://publichealth.uic.edu/events/koru-mindfulness-basic-four-sessions-2/ • https://wellnesscenter.uic.edu/resources-and-services/individual-consultations/ • https://spirit.uchicago.edu/
University of Iowa	<ul style="list-style-type: none"> • 4-part virtual Resilience 101 series • Health and well-being videos include mindfulness, resilience, well me in 3 topics • Managing stress and mindfulness includes free health coach service for faculty and staff, live well trainings (e.g., 3-part virtual health coaching for busy families) • Wellness coaching available for students • 4-week Koru mindfulness class for students • Relaxation, cognitive strategies, and mindfulness training are included in the Refresh app and consultation to help students get a good night's sleep 	<ul style="list-style-type: none"> • https://hr.uiowa.edu/employee-well-being/livewell/health-and-well-being-resource-guide/building-resilience • https://hr.uiowa.edu/employee-well-being/livewell/health-and-well-being-resource-guide/health-and-well-being-video • https://hr.uiowa.edu/employee-well-being/livewell/health-and-well-being-resource-guide/managing-stress-and-mindfulness • https://studentwellness.uiowa.edu/appointments/wellness-coaching • https://studentwellness.uiowa.edu/programs/mindfulness • https://studentwellness.uiowa.edu/programs/refresh

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University of Kentucky	<ul style="list-style-type: none"> • 4-week Koru mindfulness classes • Weekly mindfulness meditation group for faculty, staff and students • 7-week Unleashing Well-being practice group • Free health coaching • MBSR 8-week class at deeply discounted rates for UK employees, retirees, spouses and adult-sponsored dependents • Monday meditation and Untangle Tuesday Facebook live sessions 	<ul style="list-style-type: none"> • https://www.uky.edu/recwell/wellness/KORU • https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/documents/unleashing-wellbeing-ppt.pdf • https://www.uky.edu/hr/work-life-and-well-being/personal-resilience
University of Louisville	<ul style="list-style-type: none"> • 4-week Koru (basic), and Koru 2.0 mindfulness classes • Weekday virtual meditation for students, faculty and staff • Yoga • 9-hour Sky Happiness Retreat for students • 2017, 2018, 2019 Wellbeing and Resilience Surveys • Wellness Wednesday workshops (e.g., Science of Happiness) for employees, retirees or spouses/qualifying adults 	<ul style="list-style-type: none"> • https://louisville.edu/healthpromotion/services/mindfulness-meditation • https://louisville.edu/healthpromotion/the-growing-mindfulness-initiative • https://louisville.edu/healthpromotion/uofl-wellbeing-resilience-survey-results • https://louisville.edu/gethealthynow/forms/science-of-happiness%20

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School	Training/Education	URL
University of Maryland College Park	<ul style="list-style-type: none"> • SPH Happiness and Wellness Initiative includes list of happiness (good news) and wellness resources on webpage, and Happy and Well weekly e-newsletter • Mental health first aid training for higher education (8 hours) was offered to SPH faculty and staff in Fall 2019. 8-hour mental health first aid training is offered to students • An undergraduate course: “SPHL291 - Nontraditional and Holistic Health Practices, Do they work?” has been offered since Spring 2020 • A graduate course: “EPIB636 - Professional Skills and Resilience” was developed but not offered due to low enrollment • SPH offers meditations on Monday • Campus offers daily online meditation groups • Stress management includes therapy dog visits, and stress management consultation • Peer Wellness coaching 	<ul style="list-style-type: none"> • https://sph.umd.edu/about/sph-happiness-and-wellness-initiative • https://www.mentalhealthfirstaid.org/wp-content/uploads/2018/07/Mental-Health-First-Aid-Higher-Education-One-Pager.pdf • https://studentaffairs.umd.edu/health-wellness/training-for-new-students/mental-health-first-aid • https://sph.umd.edu/news/happiness-effect • https://stamp.umd.edu/engagement/graduate_student_life/grad_student_resources • https://sph.umd.edu/events/mindfulness-mondays • https://health.umd.edu/meditation • https://health.umd.edu/wellness-advocacy/stress-management • https://health.umd.edu/wellness-advocacy/wellness-coaching
University of Massachusetts	<ul style="list-style-type: none"> • 4-week Koru mindfulness course for students • 9-week Positivity and Relaxation Training • Pre-recorded guided meditations • Student led weekly meditation sessions • Yoga and meditation classes 	<ul style="list-style-type: none"> • https://www.umass.edu/studentlife/mindfulness • https://www.youtube.com/playlist?list=PLfbgaejPGdhSfeKyT3ToD--wUeGddwwrC • https://www.umass.edu/campusrec/group-fitness/class-descriptions#mind

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University of Memphis	<ul style="list-style-type: none"> • Mindfulness and stress management recorded workshops • Body scan, breathing, meditation, mindfulness audio recordings • Links to wellness apps 	<ul style="list-style-type: none"> • https://www.memphis.edu/counseling/wellness-and-resources//index.php
University of Michigan	<ul style="list-style-type: none"> • University of Michigan’s Comprehensive Cancer Center offers a full audio library of guided imagery meditations is available for patients, students, faculty and the general public • Undergraduate course on “PUBHLTH250: On Purpose: Designing And Living A Big Life” • Pre-recorded videos on mindfulness and meditation • Online guided meditation • Therapy dog visits 	<ul style="list-style-type: none"> • https://www.rogelcancercenter.org/podcasts/guided-imagery-podcasts • https://sph.umich.edu/admissions/courses/course.php?courseID=PUBHLTH250 • https://wellbeing.studentlife.umich.edu/take-break • https://wellbeing.studentlife.umich.edu/campus-events • https://uhs.umich.edu/therapy-dog
University of Minnesota	<ul style="list-style-type: none"> • Mindfulness audio recordings • Links to Liberate (mindfulness app for Black and African Diaspora), gratitude and other apps • Bakken Center for Spirituality and Healing offers courses in mindfulness, healing imagery, integrative healing practices, mind-body science • Reclaiming Happiness, PSY 1026 undergraduate course 	<ul style="list-style-type: none"> • https://counseling.umn.edu/mindfulness-resources • https://counseling.umn.edu/self-help • https://students.morris.umn.edu/health-and-wellness/morris-lets-thrive/curriculum-infusion • https://students.morris.umn.edu/health-and-wellness/morris-lets-thrive/curriculum-infusion

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University of Nebraska	<ul style="list-style-type: none"> List of free apps to help you relax 6-week Certificate in Mindfulness Behavioral Health Education Center of Nebraska Serenity Project has 20 recorded yoga and meditation sessions 	<ul style="list-style-type: none"> https://www.unmc.edu/wellness/_documents/freerelaxapps.pdf https://www.ed2go.com/unomaha/online-courses/U-mindfulness/ https://www.unmc.edu/bhecn/education/the-bhecn-serenity-project
University of Nevada, Las Vegas	<ul style="list-style-type: none"> LDE 312- Leadership and Relationships course covers critical analysis of authentic leadership, positive psychology etc. Guided weekly meditation 	<ul style="list-style-type: none"> https://catalog.unlv.edu/preview_course_nopop.php?catoid=32&coid=162227
University of North Carolina Chapel Hill	<ul style="list-style-type: none"> Webinars on spiritual and emotional wellness Wellness coaching Retrain your brain 4-session workshop (pre-recorded videos and worksheets) Resilience coaches through the Carolina Collaborative for Resilience 	<ul style="list-style-type: none"> https://studentwellness.unc.edu/programs/webinars/ https://studentwellness.unc.edu/programs/wellness-coaching-one-one-services/ https://caps.unc.edu/services/retrain-your-brain-workshop/
University of North Texas	<ul style="list-style-type: none"> Mini-relaxation exercise pre-recorded videos and links 	<ul style="list-style-type: none"> https://www.unthsc.edu/care-and-civility/office-of-care-and-civility-relaxation-room/
University of Oklahoma	<ul style="list-style-type: none"> TAO Connect includes interactive sessions, mindfulness exercises and practice tools aimed at helping achieve goals Intentional living includes a wellness assessment, list of wellness apps, and tips and links to other resources organized by the 6 dimensions of wellness 	<ul style="list-style-type: none"> https://students.ouhsc.edu/Current-Students/Student-Wellbeing/counseling/tao-connect https://students.ouhsc.edu/Current-Students/Student-Wellbeing/Student-Wellness#67072686-the-six-dimensions-of-wellness

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University of Pittsburgh	<ul style="list-style-type: none"> Center for Integrative Medicine offers an 8-week MBSR course, Hatha yoga, tai chi, and Mindfulness based anxiety and stress reduction classes MBSR teacher training is offered in collaboration with Brown University 	<ul style="list-style-type: none"> https://www.upmc.com/Services/integrative-medicine/classes/meditation https://www.upmc.com/services/integrative-medicine/classes https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mbsr-teacher-training https://diversity.unc.edu/carolina-collaborative-for-resilience/
University of South Carolina	<ul style="list-style-type: none"> In person and online guided meditations 3 times a week In person yoga 3 times a week 	<ul style="list-style-type: none"> https://sc.edu/about/offices_and_divisions/health_services/wellness-prevention/stress-management/calm-oasis-space/index.php
University of Virginia	<ul style="list-style-type: none"> UVA Mindfulness Center offers a 4-week MBSR course, academic classes (e.g., Mindfulness and Nature, Foundations of Mindfulness Practice, Deep Listening, Well-being through Mindfulness, The Resilient Student: Transition, Thriving and Leadership, Mindful Decision-Making: Integrating Body, Mind and Heart) and other contemplative practice. 	<ul style="list-style-type: none"> https://csc.virginia.edu/UVA-mindfulness-center
University of Washington	<ul style="list-style-type: none"> Whole U Meditation series offers 15 meditation videos Center for Child & Family Well-being offers 8-week Mindful Self-Compassion course 9-page PDF list of student wellness resources 	<ul style="list-style-type: none"> https://thewholeu.uw.edu/meditations/ https://ccfwb.uw.edu/event/mindful-self-compassion-8-weeks/ https://sph.washington.edu/students/resources

Carter-Pokras, O., Tchangalova, N., & Puett, R. (2022, June 29-July 2). *Strategies to increase happiness and wellbeing among public health students, faculty and staff* [Conference presentation]. The 10th European Conference on Positive Psychology, Reykjavik, Iceland.

School	Training/Education	URL
University of Wisconsin	<ul style="list-style-type: none">• Mindful based stress reduction classes are offered• University of Wisconsin Integrative Health Program offers integrative health videos and podcasts	<ul style="list-style-type: none">• https://www.uwhealth.org/services/mindfulness-based-stress-reduction• https://www.fammed.wisc.edu/integrative/resources/video-education/