

Mercyhurst Wellness Resources Sheet

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

1. On-Campus Resources

- Mercyhurst Counseling Center, 814-824-3650, www.mercyhurst.edu/campus-life/counseling-center.
- Cohen Health Center, 814-824-2431, health@mercyhurst.edu, www.mercyhurst.edu/campus-life/cohen-student-health-center.
- Mercyhurst Dining Services: Parkhurst
 - www.mercyhurst.edu/campus-life/dining-services
 - lakersmercyhurst.sharepoint.com/sites/SPO_STU_DiningServices
 - FoodU app

2. Mindfulness and Meditation

- Learn about meditation and mindfulness at:
 - www.mindful.org
 - www.positivepsychology.com/history-of-meditation
 - www.psychologytoday.com/us/blog/meditation-modern-life/201307/overview-meditation-its-origins-and-traditions
- Find information about specific meditations here:
 - Body Scan:
 - <https://www.mindful.org/the-body-scan-practice/>
 - <https://www.youtube.com/watch?v=86HUcX8ZtAk>
 - 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/>
 - Mindful Eating:
 - <https://www.mindful.org/6-ways-practice-mindful-eating/>
 - <https://www.thecenterformindfuleating.org/page-1863947>
 - Forest Bathing:
 - <https://globalwellnessinstitute.org/wellnessevidence/forest-bathing/>
 - 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=PLQiGxGHwIUd1kdxsWKFuHEOrITIXe-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/>

3. Nutrition

- Mercyhurst Dining Services: Parkhurst
 - www.mercyhurst.edu/campus-life/dining-services
 - lakersmercyhurst.sharepoint.com/sites/SPO_STU_DiningServices
 - FoodU app
- The Academy of Nutrition and Dietetics (AND) www.eatright.org
 - General nutrition topics
 - Allergies and intolerances
 - Men's nutrition
 - Women's nutrition
- National Eating Disorders Association <http://www.nationaleatingdisorders.org/>
 - Eating disorders and disordered eating resources
 - Eating disorder helpline
 - Eating disorder screening tools
 - Eating disorder prevention
- The American Academy of Sports Medicine www.acsm.org/education-resources/trending-topics-resources/nutrition
- College and Professional Sports Dietetics Association sportsrd.org/
 - Sports nutrition resources
 - Supplements and safety
- United States Department of Agriculture: MyPlate www.myplate.gov/
- USDA Nutrition.gov <https://www.nutrition.gov/topics/diet-and-health-conditions>
 - Digestive disorders
 - Food allergies and intolerances
 - Diabetes

- Eating disorders
- Swallowing disorders
- Cardiac, kidney, and osteoporosis
- Cancers
- Ostomy diets
- Overweight/obesity
- AIDS/HIV
- USDA Nutrition.gov: Food allergies and intolerances
<https://www.nutrition.gov/topics/diet-and-health-conditions/digestive-disorders>

4. Smoking and Vaping Cessation Resources

- This is Quitting -This text-based program has helped 500,000 youth and young adults quit vaping. truthinitiative.org/thisisquitting.
- Nicotine Anonymous - For those who would like the support of a group environment on their pathway to quitting, Nicotine-Anonymous offers meetings in virtual, telephone, and in-person formats. www.nicotine-anonymous.org.
- Smokefree Text Messaging Program - smokefree.gov/ offers text-based programs that offer advice and tips for becoming smoke-free. You can also practice quitting and participate in daily challenges.
- Pennsylvania Quitline - Students can work with a coach to determine the best plan for quitting and access to community resources. The Quitline will also ship Nicotine Replacement Therapy (patches, lozenges, or gum) directly to your mailbox! pa.quitlogix.org.

5. Healthy Relationships Resources

- PDF: [10 Signs of Healthy and Unhealthy Relationships](#)
- Slide Deck: [Signs of a Healthy Relationship](#), [Signs of an Unhealthy Relationship](#)