

Virtual Appendix

Meditation

Calm app

Headspace app

John Kabat-Zinn (meditation and mindfulness expert)

Medical Information

www.mayoclinic.org

www.Medlineplus.gov

www.cdc.gov

www.webmd.com

www.mentalhealth.gov

www.nih.gov/health-information

www.heart.org

<https://www.choosept.com/prevention-wellness>

Exercise

www.eparmedx.com

www.Acefitness.org

www.erec.net

Nutrition

www.health.gov/paguidelines/www.health.gov/dietaryguidelines

www.ChooseMyPlate.gov

www.eatright.org

Ergonomics

<https://www.osha.gov/ergonomics>

www.officerelief.com

Sleep

www.sleepfoundation.org

Gratitude

The Five Minute Journal (available on Amazon)