



Words of the Wise : THE WORTH OF WELL-BEING FROM ASSOCIATE DEANS

# RESOURCE GUIDE

## ONLINE RESOURCES - MASON

- Center for the Advancement of Well-being (CWB): [wellbeing.gmu.edu/](http://wellbeing.gmu.edu/)
- CWB Coronavirus Pandemic-specific Well-being Resources: [wellbeing.gmu.edu/resources/coronavirus-pandemic-well-being-resources](http://wellbeing.gmu.edu/resources/coronavirus-pandemic-well-being-resources)
- CWB Resilience Resources: [wellbeing.gmu.edu/resources/resilience-resources-weekly](http://wellbeing.gmu.edu/resources/resilience-resources-weekly)
- GMU CliftonStrengths: [strengths.gmu.edu/](http://strengths.gmu.edu/)
- Mason Chooses Kindness: [kindness.gmu.edu](http://kindness.gmu.edu)
- Mason Recreation Well-being Resources: [recreation.gmu.edu/well-being/](http://recreation.gmu.edu/well-being/)
- BurnAlong (GMU partner): [fit.burnalong.com/gmu/](http://fit.burnalong.com/gmu/)
- UL Well-being Landing Page for Students: [ulife.gmu.edu/wellbeing-landing-page/](http://ulife.gmu.edu/wellbeing-landing-page/)

## ONLINE RESOURCES - EXTERNAL

- Greater Good Science Center-UC Berkeley: [ggsc.berkeley.edu/](http://ggsc.berkeley.edu/)
- World Kindness Day: [www.randomactsofkindness.org/world-kindness-day](http://www.randomactsofkindness.org/world-kindness-day)
- Mindful.org: [www.mindful.org/](http://www.mindful.org/)

## BOOKS, BLOGS, VOD, AND APPS

- CWB Meditation Apps: [wellbeing.gmu.edu/resources/meditation/meditation-apps](http://wellbeing.gmu.edu/resources/meditation/meditation-apps)
- Lead TED Talk Library: [lead.gmu.edu/tedtalklibrary/](http://lead.gmu.edu/tedtalklibrary/) (see section on 'well-being')
- MasonLeaps: [masonleaps.gmu.edu](http://masonleaps.gmu.edu) (search for 'well-being' or 'stress management')
- LinkedIn Learning: [lil.gmu.edu/](http://lil.gmu.edu/) (search for 'well-being' or 'stress management')
- **START HERE:** Master the Lifelong Habit of Well-being (Book)
- **CWB THRIVING TOGETHER WEEKLY:** [wellbeing.gmu.edu/resources/thriving-together-well-being-weekly](http://wellbeing.gmu.edu/resources/thriving-together-well-being-weekly)



InsightTimer



LIBERATE



TEN PERCENT HAPPIER