Additional Resources

As you begin promoting kindness and gratitude within your department/units, below are various resources to help you get started.

**eCards**
- Send an eCard

**Mobile Apps**
- Calm App
- myStrength App
- Headspace App

**Articles**
- In Pursuit of Happiness
- How to Stress Less: The Art of Mindfulness

**Webinars**
- UCI EAP Webinars
- Gratitude: A Skill for Happier Living
- Happiness: A Key to Life's Satisfaction
- Mindfulness: Being Present in Your Work and Life
- Laughter, Humor, and Play to Reduce Stress & Solve Problems
- Using Kindness to Achieve Personal Success and Happiness

**Podcasts**
- Kaiser Permanente Meditation for Relaxation
- UCLA mindful Awareness Podcast

**Websites**
- UCI Wellness
- UCI Health Wellness
- UCI Campus recreation: Wellness Adds Up
- UCI TV- Wellbeing
- Guidance Resources (Web ID: UCIEAP3)
- Susan Samuelli: Integrative Health Institute
- UCI Health Blogs
- Berkeley Greater Good Magazine
- UC Davis Workplace Well-Being Toolkit
- Random Acts of Kindness: Workplace
- Kaiser Wellness Resources
- AHA: Simple Ways to Practice Gratitude