

Wellness Resources

A collection of videos and other resources from NIH to support your emotional, mental, and physical well-being.

Mental Health



[NIH Employee Resources for Coping with COVID-19](#)

An overview of resources from NIH including mental health hotlines.



[Mindfulness in the time of COVID-19](#)

A guided mindfulness session with tips on using mindfulness to cope with COVID-19.



[Mindfulness Based Self Care Program](#)

A series of audio recordings designed to help establish and maintain a mindfulness practice.



[NIH Healing Streams](#)

Guided audio meditations from the Patient Library.

NIH GUIDANCE FOR STAFF ON CORONAVIRUS



Stress and Mental Wellbeing

Tips and strategies to reduce stress and improve mental wellbeing.

Emotional Health



Staying Emotionally Healthy During COVID-19

A presentation from NIH's Office of Intramural Training and Education.

Physical Fitness



R&W Virtual Fitness Classes [🔗](#)

30-minute workouts led by NIH R&W fitness instructors.



Go4Life Exercise Videos [🔗](#)

A collection of video workouts for older adults from the National Institute on Aging.

NIH GUIDANCE FOR STAFF ON CORONAVIRUS



More Stretching, Less Stressing

A guided stretching session with NCCIH Director Dr. Helene Langevin.



Yoga in Your Workspace

Easy yoga poses and breathing techniques that can be done in your workspace.