



EMOTIONAL WELLNESS RESOURCES

ComPsych Employee Assistance Program

ComPsych has a wide range of emotional wellbeing resources that cover topics such as: building resilience, eight major signs of depression, stress management, etc. Call 866-465-8935 for more information.

Penn State Health Psychologists and Psychiatrists

Go to <https://www.pennstatehealth.org> and search for Penn State Health psychologists and psychiatrists.

Sharecare Health & Wellness Platform

Through the Inspirations portion of the Sharecare app, you can view transformational videos for mind, body and soul. Inspirations offers guided meditation, yoga and prayer, help with sleep and relaxation techniques. Go to mycare.sharecare.com to register.

Personal Wellness Coaching through Highmark Blue Shield

A personal wellness coach can give you the guidance you need by: connecting you to resources available to you and empower you to make healthy, sustainable lifestyle changes. Call 888-258-3428 to speak to a Wellness Coach.

Mindfulness Meditation Sessions

Available Wednesday's and Friday's join professionally certified Mindfulness instructors for a free 30-minute session with guided mindfulness practices and reflections. For more information, email mindfulness@pennstatehealth.psu.edu.

Heart Rhythm Meditation (HRM)

HRM is practiced sitting in a chair, using a method of breathing that causes a shift in attention and breath rhythm to create a physiological connection between the nervous, endocrine, respiratory and circulatory systems. Contact Lisa at 717-531-1038 for more information.

MindShift CBT App

MindShift CBT is a free app that provides free evidence-based anxiety relief. Get tools to tackle worry, panic, perfectionism, social anxiety and phobias. MindShift features CBT-based tools, thought journal, coping cards, belief experiments, etc.

