

AGPHWB Individual Interventions for Wellness

Name of Intervention	Brief Description	Pros	Cons	Type of Intervention (app, class, etc)	How to Access (website, etc)	Cost	Types of Evidence
Calm	Mindfulness meditation app	Easily accessible	None	App	Download from app store	Free but premium option costs money	-
Brave Enough	Website created by Dr. Sasha Shillcutt (cardiac anesthesiologist) on resilience who gave TEDTalk "Resilience: The Art of Failing Forward" (https://youtu.be/bBImvAITMrg)	Relatable (cardiac anesthesiologist)	None	Website with articles	https://www.becomebraveenough.com/	Free	-
Insight Timer	App including meditation sessions, sleeping aid tools, courses and you can set up your profile with what you are interested	"All inclusive" mindfulness app	None	App	Download from app store	Free	-
Body scan	Bodyscan, yoga and meditation sessions	Offers different length of bodyscan, yoga and meditation sessions which allows you to pick and choose depending on the time you have available	None	Website	https://health.ucsd.edu/specialties/mindful/	Free	-
9 dots puzzle	Connect the dots with straight lines going through the middle of the dots without taking the pencil off the paper. As you are solving it see what comes up in terms of thoughts, emotions and reactions	Help with focus but also awareness of emotions, thoughts and reactions	None	Game	http://www.permadi.com/fpcqi/9dots/	Free	-
Headspace	It's a personal guide to meditation, mindfulness. Free basic courses for meditation and relaxation techniques	Help with focus.Help with anxiety, stress, sleep.	not free	app	from app store	Paid	
Stop,Breathe and Think	check in with your emotions to receive meditation and mindfulness recommendations tuned to how you feel	recommends daily meditations. track your mood before and after daily meditations, some classes in Spanish	not free	App	From App store	Paid	
Brave Enough	Sasha Shillcutt's Brave Enough program was mentioned above. I have found the podcast really useful as well. Geared toward women.	Can listen when exercising or driving. Sessions are about 20-30 minutes so easy to find time to fit in.	none	Podcast	where you download podcasts	free	
Mayo Wellbeing Index	Very short survey (takes about 2-3 minutes). Can be done periodically (3-4 months, or less frequent). Tracks your status. Shows where you stand compared to others. Provides resources.	Recommends resources. Short and easy. Tracks progress.	I think it might be expensive.	Repeating Survey	have to get through Mayo (I think)	Paid	-
running/walking	multiple articles on benefits of walking/running available	easily available	needs motivation, time	physical activity	just start	none	AnnBehavMed 1999 Summer;21(3):251-7
Yoga		can do on your own time,	needs motivation, time		multiple app.s available	none most apps	Journal of Altern. & Complement. med;27Jan2010
Meditation					mult. apps available		https://www.health.harvard.edu/.../mindfulness-meditation-may-ease-anxiety-mental-st...
Talking	from venting to asking for help	often immediate effect	needs the "right" person	with friend, spouse, colleague, professional	n/a	none	Psychiatry(Edgmont) 2007 May;4(5):35-40
Healthy food							
Virtual Hope Box	has distraction, inspirational, relaxation and coping tools	free, immediate, combination of things., can be personalized easily	none	app	free in apple or google store	none	
massage	can interfere with schedule	immediate effect	short-lived		can be arranged at workplace	depends	
The Nocturnists	Live show and podcast where health professionals share stories from the world of medicine, hosted by internal medicine doctor	Can listen during free time, etc	None	Podcast	http://thenocturnists.com/	Free	
Me walking	guide you through walking meditations	motivates walking and you can listen to podcasts at the same time	None	app	app or google store	Free	
Noom	mindfulness eating and good habits builders for healthier body	helps you lose weight and build healthy eating habits with online coach	expensive	app	app or google store	Pay	
Buddha's Brain	Book written by Rick Hanson, a neuroscientist, psychologist, and meditation practitioner. All the info is backed by science.			book	bookstore	Pay	
The Compassionate Mind	Provides framework on how to develop the compassionate mind and benefits			book	bookstore	Pay	
10% Happier	Good meditation resources with examples on how to apply the techniques into the fabric of our life			book and app	bookstore	Pay	