

Wellness Incentive 2017 myLearn Learning Resources

(books/courses are each worth 50 points | wellness breaks are each worth 10 points)

Topic	Name of MyLearn Material	Resource Type
Resource List and Tier 2 Options		
Incentive Options	Wellness Incentive 2017 Learning Resources	pdf
Incentive Options	Activities to Earn Tier 2 Activities	pdf
Be Active		
Physical Activity	The Everything Easy Fitness Book, 2nd Edition: Lose Weight, Build Strength, and Feel Energized	Book
Physical Activity	Fit at Last: Look and Feel Better Once and for All	Book
Physical Activity	Fitness After 40: How to Stay Strong At Any Age	Book
Physical Activity	Strong Kids, Healthy Kids: The Revolutionary Program for Increasing Your Child's Fitness in 30 Minutes a Week	Book
Yoga	Yoga for Pain Relief: Simple Practices to Calm Your Mind & Heal Your Chronic Pain	Book
Yoga	Yoga Wisdom at Work: Finding Sanity Off the Mat and On The Job	Book
Eat Well		
Mindful Eating	50 Ways to Soothe Yourself Without Food	Book
Nutrition	American Medical Association Guide to Living with Diabetes: Preventing and Treating Type 2 Diabetes - Essential Information You and Your Family Need to Know	Book
Nutrition	American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart	Book
Mindful Eating	Binge Eating and Compulsive Overeating Workbook: An Integrated Eating Mindfully: How To End Mindless Eating & Enjoy A Balanced Relationship With Food, Second Edition	Book
Mindful Eating	Eating the Moment: 141 Mindful Practices to Overcome Overeating	Book
Nutrition	Mayo Clinic Healthy Weight for Everybody	Book
Nutrition	Mayo Clinic on Digestive Health, Third Edition	Book
Nutrition	Vegan For Life- Everything You Need to Know to Be Healthy and Fit	Book
Mindful Eating	The Way to Eat: A Six-Step Path to Lifelong Weight Control	Book
Work-Life Fit		
Stress	A Mindfulness-Based Stress Reduction Workbook	Book
Anxiety	Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks & Living a Vital Life	Book
Anxiety	Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You From Anxiety, Fear, and Panic, Second Edition	Book
Sleep	Combating Sleep Disorders	Book
Workplace Flexibility	Flexible Work Arrangement Training for Employees	Course
Workplace Flexibility	Flexible Work Arrangement Training for Managers	Course
Sleep	Goodnight Mind: Turn Off Your Noisy Thoughts & Get a Good Night Sleep	Book
Stress	Just One Thing: Developing a Buddha Brain One Simple Practice at a Time	Book
Mindfulness	Mindfulness at Work Essentials for Dummies	Book
Stress Reduction	Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!	Book
Smoking	Quit Smoking for Good: 52 Brilliant Little Ideas to Kick the Habit	Book
Stress Reduction	Relaxation and Stress Reduction Workbook, Sixth Edition	Book
Mindfulness	Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)	Book
Work-Life Fit	Work-Life Conflict Managing Depression	Courses

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Work Healthy		
Ergonomics	Back Safety and Injury Prevention Industrial Ergonomics	Courses
Ergonomics	Ergonomics (UM System Custom Course)	Course
Pain Relief	Mayo Clinic Guide to Pain Relief	Book
Empower & Appreciate		
Upward Relationships	Building and Managing Upward Relationships	Course
Upward Relationships	Building Upward Relationships	Course
Career Crossroads	Career Crossroads: A Headhunter's Guide to Career Strategy	Book
Civility	Civility, You and the University of Missouri	Course
Credit	Confessions of a Credit Junkie: Everything You Need to Know to Avoid	Book
Career Stagnation	Conquering Career Stagnation	Course
Empower	The Corporate Wellness Bible: Your Guide to Keeping Happy, Healthy & Wise in the Workplace	Book
Empower	Creating and Maintaining a Positive Work Environment	Course
Emotional Intelligence	The Emotional Intelligence Activity Kit: 50 Easy and Effective Exercises for Building EQ	Book
Emotional Intelligence	Emotional Intelligence: Applying EI at Work	Course
Emotional Intelligence	Emotional Intelligence: Being Aware of the Emotions of Others	Course
Intelligence: Managing	Emotional Intelligence: Managing Emotions to Make a Positive Impact on Your Life and Career	Book
Upward Relationships	Exploring Self-development	Course
Empower	Facilitating Collaborative Processes	Course
Finances	Financial Freedom: A Guide to Achieving LifeLong Wealth and Security	Book
Retirement	How Much is Enough? Balancing Today's Needs with Tomorrow's	Book
Appreciation	How to Write Thank You Letters: 84 Ready-to-Use Letters	Book
Finances	Kiplinger's Money-Smart Women: Everything You Need to Know to Achieve a Lifetime of Financial Security	Book
Appreciate	Make Their Day!: Employee Recognition that Works, Proven Ways to Boost Morale, Productivity, and Profits, Second Edition, Revised and Expanded	Book
Empower	Managing from Within: Self-empowerment	Course
Career Management	Managing Your Career: Creating a Plan	Course
Career Management	Managing Your Career: Getting on the Right Track	Course
Career Management	Managing Your Career: Leveraging the Performance Appraisal	Course
Career Management	Managing Your Career: Professional Networking Essentials	Course
Career Management	Managing Your Career: You and Your Boss	Course
Mid-Career	The Mid-Career Success Guide: Planning for the Second Half of Your Working Life	Book
Empower	Mindful Leadership: The 9 Ways to Self-Awareness, Transforming	Book
Appreciation	People Follow You: The Real Secret To What Matters Most in Leadership	Book
Retirement	Plan for Your Prosperity: The Only Retirement Guide You'll Ever Need, Starting Now - Whether You're 22, 52 or 82	Book
Career Planning	Planning Your Career	Course
Finances	Smart Women, Smart Money: Live the Life You Want!	Book
Debt and Credit	The Debt-Free Spending Plan: An Amazingly Simple Way to Take Control of Your Finances	Book
Debt and Credit	Once and for All	Book
Debt and Credit	The Essential Credit Repair Handbook: A Quick and Handy Guide	Book
Budgeting	The Everything Budgeting Book: Practical Advice for Spending Less	Book
Credit	The Everything Improve Your Credit Book: Boost Your Score, Lower	Book
Finances	The Everything Personal Fiance in Your 20s & 30s Book: Erase Your Debt, Personalize Your Budget, and Plan Now to Secure Your Future, 2nd Edition	Book
Empower	Using Feedback to Improve Team Performance	Course

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Wellness Breaks		
Physical Activity	Awareness of Breath Meditation (MP3)	Course
Physical Activity	Basic Relaxation Practices (Breathing & Relaxation MP3)	Course
Physical Activity	Basic Relaxation Practices (Breathing Space MP3)	Course
Physical Activity	Easy Standing Yoga Sequence	Course
Physical Activity	Ergonomic Stretching	Course
Physical Activity	Mindful Yoga 1	Course
Physical Activity	Mindful Yoga 1 (with camera emphasis on chair poses)	Course
Physical Activity	Mindful Yoga 2	Course
Physical Activity	Mindful Yoga 2 (with camera emphasis on chair poses)	Course
Physical Activity	Sitting Meditation	Course
Physical Activity	Stress Reduction Body Scan	Course