

Staying Healthy

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August 5, 2020

The University of Minnesota offers free conferences and presentations ["Conferences"] available on YouTube that you may find helpful during the COVID-19 Pandemic and at other times. These Conferences can be helpful from both a personal and professional perspective.

If you look below, you can click to view these Conferences from the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing and also from the University of Minnesota's College of Continuing & Professional Studies. Enjoy viewing and listening at your convenience.

University of Minnesota's Earle E. Bakken Center for Spirituality & Healing

- **Wellbeing in a COVID-19 World.**
<https://www.youtube.com/watch?v=GDWU6JHxHo0>
- **Wellbeing Leadership: Strategies for Leading in Challenging Times.**
<https://www.youtube.com/watch?v=tFjg8E0P970&feature=youtu.be>
- **Stress Response in Times of Change.**
<https://www.youtube.com/watch?v=uT2UkqQa-dY&feature=youtu.be>
- **An Introduction to Mindfulness.**
<https://www.youtube.com/watch?v=Y5jWDgdPeUU&feature=youtu.be>
- **Mindfulness during Challenging Times.**
<https://www.youtube.com/watch?v=ix30xWtV1fE&feature=youtu.be>
- **How to Become More Resilient.**
<https://www.youtube.com/watch?v=DJYC6Ymp8JQ>
- **Purpose in Times of Uncertainty Webinar.**
<https://www.youtube.com/watch?v=mib37adsQoA&feature=youtu.be>
- **Pathways to Resilience During Times of Change.**
<https://www.youtube.com/watch?v=uT2UkqQa-dY>
- **Sleep and Wellbeing.**
<https://www.youtube.com/watch?v=mN-b04EDZ-M&feature=youtu.be>
- **Mindful Parenting in Challenging Times and Beyond.**
https://www.youtube.com/watch?v=erf_d5jwv_Y&feature=emb_err_woyt

Bakken Center for Spirituality & Healing continued. . .

- **Mindful Cooking for Body and Spirit.**
<https://www.youtube.com/watch?v=ijsxRYRv3k8>
- **Nature Heals – An Intro to Nature-Based Therapeutics.**
<https://www.youtube.com/watch?v=3a46Bk7vdil&feature=youtu.be>
- **Brené Brown on Joy and Gratitude.**
<https://www.youtube.com/watch?v=2ljSHUc7TXM>
- **Take 5 for Stress Relief: The Forest Awakens.**
https://www.youtube.com/watch?v=Lmhgx_OW_ik
- **Take 5: The Forest Awakens – Nature Sounds for Stress Relief.**
<https://www.youtube.com/watch?v=-nNDdVUr2O8>
- **Take 5: The Forest Awakens –Music & Nature Sounds for Stress Relief.**
<https://www.youtube.com/watch?v=4cmdDWzhzaU>
- **Take 5: The Forest Awakens – Guided Imagery for Stress Relief (verbal, music & nature sounds).**
https://www.youtube.com/watch?v=qU_ABFUAVAs
- **Stress Busters: Free Stress-Reduction Classes.**
<https://www.csh.umn.edu/community-classes-and-events/stress-busters-free-stress-reduction-classes-students-faculty-and-staff>
- **Chair Yoga.**
https://www.youtube.com/watch?v=9tvOOf_Z0U4&feature=youtu.be
- **Breath and Body Meditation.**
https://www.youtube.com/watch?v=G8w3nNy_LL8&feature=emb_err_woyt
- **Standing Mindful Movement.**
<https://www.youtube.com/watch?v=oVq6fa5bdiE&feature=youtu.be>

University of Minnesota College of Continuing & Professional Studies

- **Strategies for Working Remotely.**
<https://www.youtube.com/watch?v=75YbAfu72FQ>
- **Maximize Your Strengths and Boost Your Resilience.**
<https://www.youtube.com/watch?v=WTIaripfDjs>

College of Continuing & Professional Studies continued. . .

- **Mindfulness Based Stress Reduction Program History & Possible Benefit.**
<https://www.youtube.com/watch?v=hAEzQPHxphM>
- **Managing Changes and Stress in Unpredictable Times.**
<https://www.youtube.com/watch?v=XD3ZN9ACYQ4>
- **Resolving Conflicts During Trying Times.**
<https://www.youtube.com/watch?v=Tw9S1uJZZQk>
- **Think and Act Strategically.**
<https://www.youtube.com/watch?v=Tsj4y2Z1jXo>
- **Leading with Emotional Intelligence.**
<https://www.youtube.com/watch?v=hAEzQPHxphM>
- **6 Steps to Improve Your Emotional Intelligence.**
https://www.youtube.com/watch?v=D6_J7FfgWVc
- **Intentional Influence.**
<https://www.youtube.com/watch?v=Z09Vk-X7RmA>

