



Wellness Conversations:

OPPORTUNITIES & FUTURE DIRECTIONS FOR LIFE ENRICHMENT

WHY WELLNESS PROGRAMS & HOW TO DESIGN

www.k4connect.com/10-resident-wellness-priorities-for-the-future-of-senior-living/

www.thesupportivecare.com/blog/creating-wellness-plans-that-include-mental-health-for-assisted-living

MENTAL HEALTH ORGANIZATIONS / SERVICES

NATIONAL ALLIANCE OF MENTAL ILLNESS

<https://www.nami.org/>

MENTAL HEALTH AMERICA

<https://mhanational.org/2026-mental-health-month-action-guide/>

SUBSTANCE ABUSE MENTAL HEALTH SERVICES ADMINISTRATION SAMHSA

<https://library.samhsa.gov/sites/default/files/pep12-recdef.pdf>

PILLARS OF WELLNESS



FREE WORKBOOKS, PHOTOS, JOURNALS TO DOWNLOAD FOR WELLNESS VISION BOARD

<https://wellnessatnih.ors.od.nih.gov/news/Pages/Exciting-Vision-Board-Instructions.aspx>

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WILD WONDER FOUNDATION PRINTABLES: MINI-NATURE JOURNALS- MULTI LANGUAGES

<https://www.wildwonder.org/store/digital-downloads>

WELLNESS SOCIETY- PRINTABLE NATURE-BASED QUOTES & IMAGES

thewellnesssociety.org/wp-content/uploads/2021/05/Nature-Mindful-Colouring-Sheets-1.pdf



OUISI GAMES OF VISUAL CONNECTION PHOTO CARDS 3 PRODUCTS MULTI LANGUAGE GUIDES

<https://shop.ouisi.co/>

PODCASTS

<https://www.themindfulbirdingnetwork.com/mbn-podcast>

ARTICLE CONVERSIONS

TINY OUTDOOR HABITS TO REWIRE YOUR BRAIN

<https://mindyourmind.ca/category/mental-health-wellness/wellness-tips/self-care-coping/>

THE RULE OF FOUR: 4 SIMPLE QUESTIONS THAT WILL IMPROVE YOUR MENTAL HEALTH

<https://thebestbrainpossible.com/improve-mental-health-gratitude-self-compassion/>

THE VIRTUE OF NOTICING: REFUSING NUMBNESS AND RECOVERING WONDER

<https://comment.org/the-virtue-of-noticing/>

8 WAYS WALKING IMPROVES YOUR BRAIN

<https://thebestbrainpossible.com/exercise-walking-brain-mental-health/>

5 POEMS ABOUT MINDFULNESS

<https://www.workshopmuse.com/single-post/5-poems-about-mindfulness>

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