



“Behavior Change: Integrating Mind, Body and Spirit”

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Resource List

Making a lasting change in behavior is rarely a simple process, and usually involves a substantial commitment of time, effort and emotion. The following resources are provided to give you additional information about behavior change and aid you in integrating elements of the ‘mind’, ‘body’ and ‘spirit’ into your next wellness expo/health fair.

15 Simple Tips to Balance Your Mind, Body & Spirit - <http://www.mindbodygreen.com/0-5411/15-Simple-Tips-to-Balance-Your-Mind-Body-Soul.html>

American Cancer Society: Mind, Body and Spirit
<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/mindbodyandspirit/index>

Anxiety and Depression Association of America
<http://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/mind-body-practices>

Cigna, Mind-Body Connection
<http://www.cigna.com/healthwellness/hw/medical-topics/mind-body-wellness-mente>

CommGAP – Theories of Behavior Change
<http://siteresources.worldbank.org/EXTGOVACC/Resources/BehaviorChangeweb.pdf>

Huffington Post Article: Mindfulness, Meditation, Wellness and Their Connection to Corporate America's Bottom Line
http://www.huffingtonpost.com/arianna-huffington/corporate-wellness_b_2903222.html

National Center for Complementary and Alternative Medicine: Mind Body Practices -
<http://nccam.nih.gov/health/mindbody>

National Wellness Institute – The Six Dimensions of Wellness
http://www.nationalwellness.org/?page=Six_Dimensions

University of California, Riverside – Spiritual Wellness
http://wellness.ucr.edu/spiritual_wellness.html

University of Minnesota, Mind-Body Wellness
<http://www.takingcharge.csh.umn.edu/explore-healing-practices/mind-body-therapies/mind-body-resources>

WebMD, Mind-Body Wellness
<http://www.webmd.com/mental-health/tc/mental-health-problems-and-mind-body-wellness-mind-body-wellness>

Books on Behavior Change:

Nudge by Richard Thaler

Change Anything by Kerry Patterson and Joseph Grenny

Switch by Chip and Dan Heath

Mindless Eating by Brian Wasink

Mindsight by Daniel Seigel