“Behavior Change: Integrating Mind, Body and Spirit”
June 18, 2014

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.


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

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 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
Books on Behavior Change:
Nudge by Richard Thaller
Change Anything by Kerry Patterson and Joseph Grenny
Switch by Chip and Dan Heath
Mindless Eating by Brian Wasink
Mindsight by Daniel Seigel