

## Wellness Passport additional resources

1. Social
  - [Social Wellness Toolkit | National Institutes of Health \(NIH\)](#)
  - [DBSA Wellness Wheel: Your Social Wellness](#)
  - [7 Activities to Improve Your Social Wellbeing | Stride](#)
2. Spiritual
  - [4 Yoga Poses to Destress at your Desk](#)
  - [List of Top Guided Meditations](#)
  - [Mind & Life Podcast](#)
  - [Ocean 2.0](#)
3. Emotional
  - [Mental well-being: resources for the public](#)
  - [Mental health services - Canada.ca](#)
  - [Carepath Digital Health](#)
  - [TalkCampus | Support Services | Athabasca University](#)
  - [Recovery Colleges | Canadian Mental Health Association](#)
  - [20 Gratitude Journaling Prompts to Inspire More Thankfulness](#)
4. Physical
  - [Physical activity resources](#)
  - [growwithjo - YouTube](#)
  - [10 Minute Non-Sleep Deep Rest \(NSDR\) to Restore Mental & Physical Energy | Dr. Andrew Huberman](#)
  - [95 Best Healthy Dinner Recipes - Best Better-For-You Dinner Ideas](#)
5. Intellectual
  - [Best Free Courses & Certificates \[2025\] | Coursera Learn Online](#)
  - [Your Puzzle Source](#)
  - [Quizlet](#)
  - [These 15 Famous Museums Offer Virtual Tours You Can Take on Your Couch](#)
  - [Duolingo](#)
6. Occupational
  - [Education and Career Path Quiz | Support Services | Athabasca University](#)
  - [4 Steps to Beating Burnout](#)
  - [Healthy break activities - Workplace Strategies for Mental Health](#)
  - [Resources for employees - Workplace Strategies for Mental Health](#)
7. Environmental
  - [Ecological Footprint Calculator](#)
  - [Environmental Wellness Toolkit — More Resources | National Institutes of Health \(NIH\)](#)
  - [Individual Action Toolkit - Earth Day](#)
8. Financial
  - [Student Savings](#)
  - [Financial literacy self-assessment quiz](#)
  - [Budget Planner - Canada.ca](#)
  - [Financial wellness: what it is, benefits, and 10 ways to get there — Calm Blog](#)