

HEALTH CAREER PATHWAYS WELLNESS GUIDE

Health Equity

Clearing the Mind, Calming the Body - 5 Minutes of Mindful Movement
Video: <https://bit.ly/38ljS9P>

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Eating Right

Supporting your body from the inside out
<https://www.entrepreneur.com/article/243589>

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Staying Home without feeling Stuck

Tips for staying sane while working from home
<https://bit.ly/3igxPdk>

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Breathing Techniques

Breathing exercises to aid in relaxation and decreasing stress
<https://bit.ly/2Vs4Lpu>

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Yoga at your Desk

Exercise can improve mental and physical health by decreasing anxiety and stress. This 5 minute yoga flow is an easy way to de-stress.
Video: <https://bit.ly/3g8izxj>

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Rainbow Community Center

Concord, CA based center that supports the well-being of the LGBTQI+ community and their allies
<https://www.rainbowcc.org>

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Contra Costa Crisis Center

Offer various resources and support, such as: mental support, food assistance, and homeless support
Call 211 or text HOPE to 20121
<https://crisis-center.org>

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ADDITIONAL RESOURCES

National Suicide Prevention Lifeline 24/7
800.273.TALK (8255)

Rainbow CC Confidential Intake Line-
925.692.2056

