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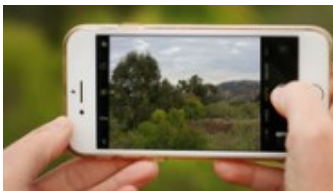
Mindfulness Practice



Happiness Tips



Fitness training



Mobile Photography



Science of Happiness



Cooking

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Encyclopedia of Wellness

Encyclopedia of Mental Health

Credo Reference: Seasonal affective disorder

Hobbies and Crafts

APA.org: Resilience

Updated 11/16/2023

Fitness and Exercise Sourcebook

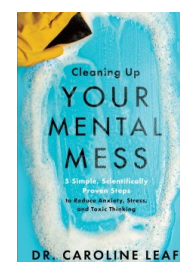
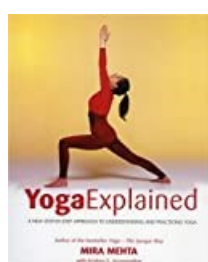
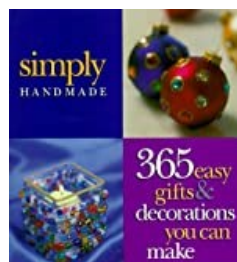
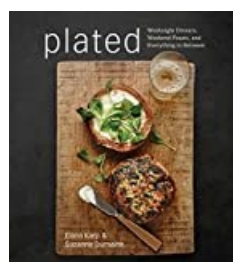
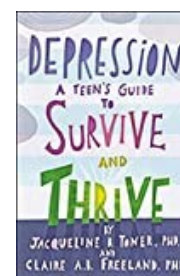
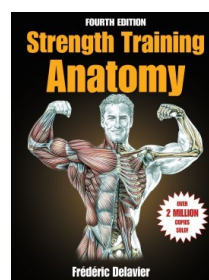
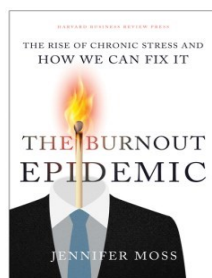
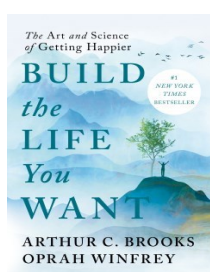
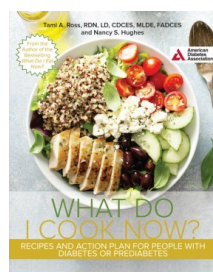
MedlinePlus: Benefits of Exercise

Credo Reference: Winter Sports

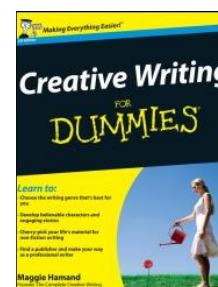
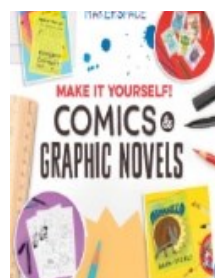
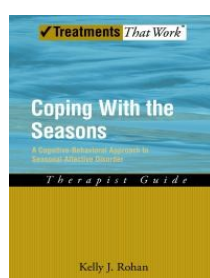
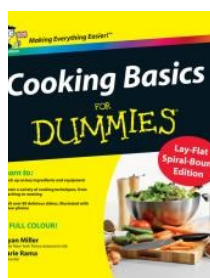
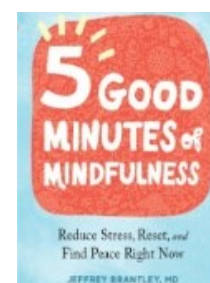
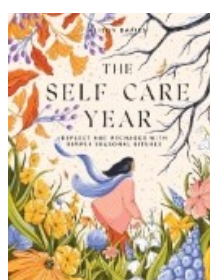
Nutrition and Well-Being A to Z

Medline Plus: Diets

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Recommended Websites

National Institute of Mental Health

Mental Health.gov

Greater Good: Keys to Wellbeing

Mayo Clinic: Seasonal Affective Disorder

8 Great Ways to Start the Writing Process

Free Code Camp: Game Development

Wikihow: Dancing

MedlinePlus: Healthy Recipes

Wisconsin DNR: Outdoor Recreation

WikiHow: Hobbies and Crafts

WikiHow: Personal Fitness

Contemplative Neurosciences: How to Meditate

Hubblesite: Tonight's Sky