

5th Annual Inclusive Excellence Summer Symposium

Resource Guide

**INCLUSIVE
EXCELLENCE**



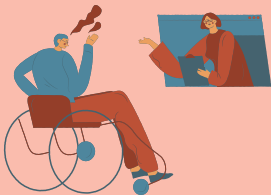
Guide to Creating a Healthier Life

SAMHSA created a step-by-step, self-paced guide to improving wellness. Their goal is to improve people's quality of life.



Self-Care Assessment

In taking this assessment you can identify patterns in your self-care habits and identify areas where you can improve.



More on Well-being in a College Setting

This work by Travia et al. highlights innovative approaches to inspire institutes of higher education to better promote well-being for faculty and students.



Neurodiversity Empowerment Services

Neurodiversity Empowerment Services offers an array of services to neurodiverse people including psychotherapy, dinner clubs, parent trainings, support services and more.



LGBTQ Center of Durham Resources

LGBTQ Center of Durham compiled a list of organizations in support of the LGBTQ community and included resources on health and wellness, transgender and gender affirming resources, and community building.



Veterans Health Resources

CAPS compiled a resource guide for Veterans Health including counseling and psychological services and additional mental health resources in the area.



Art of Living: Meditation, Yoga

Art of Living: Meditation, Yoga is an app that gives you access to guided meditations and wisdom from Gurudev Sri Sri Ravi Shankar, spiritual chants, and soulful melodies.



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El Futuro

El Futuro is working to improve mental health care for Latino families in North Carolina and beyond. They provide bilingual and culturally-responsive mental health services.



Black Mental Health Resources

CAPS put together a resource guide on Black mental health, there are resources for therapy with additional mental health resources and healing resources.



Asian Mental Health Collective

Asian Mental Health Collective is working to destigmatize mental health in the Asian community. They provide a directory of local Asian therapists and additional mental health resources.



Heartfulness

Heartfulness meditation emerged in the 1800s in North India. Certified trainers help you awaken a deeper level of inner authenticity and awareness. *App available on Android and iOS.*



GirITREK

GirITREK is a global movement of Black women practicing self-love through walking to transform their lives. You can join the movement.



Go on a Hike

Here is a list of local hikes in the area.



Visit a Labyrinth

Walking a labyrinth is an ancient practice from many faiths and traditions. It can be used as a source of meditation, prayer, and contemplation. Attached it a list of 10 local labyrinths.

