| Whole Health |
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| **PODCASTS** |
| Whole Health and Pain Management (multiple) |
| Whole Health for Tobacco Cessation (multiple) |
| **VIDEOS** |
| #LiveWholeHealth: Live Whole Health Mobile App (1:47) |
| VA Whole Health Saved My Life (7:50) |
| Whole Health: What Matters to You? (1:33) |
| Whole Health Coaching (2:00) |
| Whole Health: An Overview (4:32) |
| 5 Minute Stress Management (5:07) |
| **VETERAN INFORMATION** |
| Circle of Health - Brief Self-Assessment |
| Whole Health Handout - It Starts with Me |
| **Mindful Awareness** |
| **VIDEOS** |
| #LiveWholeHealth: Mindful Awareness (4:59) |
| Why Mindfulness for the VA? (8:05) |
| What is Mindfulness? (6:57) |
| Four Ways to Cultivate Mindfulness (4:10) |
| Beginning a Mindful Practice (5:00) |
| #LiveWholeHealth: Are You Listening? (10:00) |
| **VETERAN INFORMATION** |
| Introduction to Mindful Awareness |
| Mindful Awareness Practice in Daily Living - 1 |
| Precautions with Using Mindful Awareness |
| **Moving the Body** |
| **VIDEOS** |
| Be Physically Active (1:45) |
| #LiveWholeHealth: Joint Mobility (2) (11:48) |
| #LiveWholeHealth: Joint Mobility (1) (11:43) |
| #LiveWholeHealth: Music Therapy & Movement (17:31) |
| #LiveWholeHealth: Music and Movement (18:05) |
| #LiveWholeHealth: Body Mechanics and the Hip Hinge (3:24) |
| #LiveWholeHealth: Lower Body Chair Exercise (23:07) |
| #LiveWholeHealth: Upper-Body Chair Exercise (18:26) |
| #LiveWholeHealth: Get Moving from Your Chair (8:58) |
| #LiveWholeHealth: Standing Twist Yoga (4:13) |
| #LiveWholeHealth: Gentle Chair Yoga (9:03) |
| #LiveWholeHealth: Tai Chi (2) (13:48) |
| #LiveWholeHealth: Chair Yoga (34:01) |
| Tai Chi For Beginners 01 "Tai Chi Fundamentals" (27:38) |
| Tai Chi Fundamentals Adapted Program Seated Basic Moves, Part 1 (3:51) |
| #LiveWholeHealth: Tai Chi (1) (10:38) |
| #LiveWholeHealth: Brain Break - Breathing and Movement to Calm the Mind (11:57) |
| **VETERAN INFORMATION** |
| Get Moving |

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| Introduction to Working the Body |
| Introduction to Tai-Chi and Qi-Gong |
| Introduction to Yoga |
| **Surroundings** |
| **VIDEOS** |
| #LiveWholeHealth: Work Posture (5:29) |
| #LiveWholeHealth: Healthy Posture (4:54) |
| **VETERAN INFORMATION** |
| Assessing Your Surroundings |
| Introduction to Surroundings |
| Too Much Bad News - How to Do an Information Fast |
| Toxins and Your Health |
| Workaholism - 1 |
| **Personal Development** |
| **VIDEOS** |
| #LiveWholeHealth: Gratitude Practice (8:06) |
| #LiveWholeHealth: Loving Kindness (22:20) |
| #LiveWholeHealth: Loving Kindness Practice (2) (11:01) |
| Mindfulness and Compassion (0:58) |
| **VETERAN INFORMATION** |
| Finding Balance |
| Forgiveness - 1 |
| Gratitude |
| Introduction to Personal Development |
| Laughter Heals |
| The Healing Power of Hope and Optimism |
| What Matters Most - Exploring Your Values |
| **Food and Drink** |
| **PODCASTS** |
| Fresh Focus #35: Getting Started with Gardening (24:18) |
| Fresh Focus #36: Growing, Drying and Using Herbs (24:18) |
| Fresh Focus #37: Growing Fruit and Vegetables (19:49) |
| Fresh Focus #38: Picking the Right Produce (07:53) |
| Fresh Focus #39: Summer Cooking (10:07) |
| Fresh Focus #40: Summer Time Recipes (07:40) |
| **VIDEOS** |
| Eat Wisely (2:22) |
| Health and Wellness: My Plate (6:37) |
| Healthy Teaching Kitchen - Savory Egg Custard |
| Healthy Teaching Kitchen - Korean Style Chicken Soup |
| Healthy Teaching Kitchen - Pecan Crusted Tilapia |
| Healthy Teaching Kitchen - Tropical Smoothie |
| Healthy Teaching Kitchen - Easy, Healthy Smoothie |
| Healthy Teaching Kitchen - White Chicken Chili |
| Healthy Teaching Kitchen - Low Sodium Tomato Soup |
| Healthy Teaching Kitchen - Crustless Quiche Muffins |
| Healthy Teaching Kitchen - Cowboy Caviar |

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| Healthy Teaching Kitchen - Peanut Butter Oat Bites |
| Healthy Teaching Kitchen - Strawberry Salad with Red Wine Vinaigrette Dressing |
| Healthy Teaching Kitchen - Pinto Bean Burritos |
| Healthy Teaching Kitchen - Growing Your Own Herbs |
| Healthy Teaching Kitchen - Spinach and White Bean Soup |
| Healthy Teaching Kitchen - Breakfast Bean Taco Cups |
| Healthy Teaching Kitchen - Bean Burger |
| Healthy Teaching Kitchen - Broccoli and Cheese Soup |
| Healthy Teaching Kitchen - Food Safety Overview: Cross Contamination |
| Healthy Teaching Kitchen - Chicken and Rice Casserole |
| Healthy Teaching Kitchen - Chicken with Glazed Peaches and Sweet Potato Mash |
| Healthy Teaching Kitchen - Chickpea Dip |
| Healthy Teaching Kitchen - Chocolate Banana Oat Cookie |
| Healthy Teaching Kitchen - Spinach and Swiss Frittata |
| Healthy Teaching Kitchen - Creole Skewers |
| Healthy Teaching Kitchen - Black Eyed Pea Salad |
| Healthy Teaching Kitchen - Marinated Tomatoes and Cucumbers |
| Healthy Teaching Kitchen - Peanut Butter Fluff Dip |
| Healthy Teaching Kitchen - Peanut Butter Overnight Oats |
| Healthy Teaching Kitchen - Pesto Veggie Wrap |
| Healthy Teaching Kitchen - Quick Chocolate Mug Cake |
| Healthy Teaching Kitchen - Quinoa Bean Bowl |
| Healthy Teaching Kitchen - Mixed Berries with Berry Cream |
| Healthy Teaching Kitchen - Roasted Chickpeas |
| Healthy Teaching Kitchen - Thai Veggie Peanut Noodles |
| Healthy Teaching Kitchen - Turkey Burger Wrap |
| Healthy Teaching Kitchen - Zucchini Ribbons with Avocado Pesto |
| Healthy Teaching Kitchen - Chocolate Peanut Butter Smoothie |
| Healthy Teaching Kitchen - Chocolate Zucchini Muffins |
| Healthy Teaching Kitchen - Spring Veggie Shepherd's Pie |
| Healthy Teaching Kitchen - Meal Planning Prep |
| Healthy Teaching Kitchen - Healthy Snacking |
| Healthy Teaching Kitchen - Heart Healthy Avocado Salsa |
| Healthy Teaching Kitchen - Zoodles with Spring Green Peanut Sauce |
| Healthy Teaching Kitchen - Rainbow Breakfast Salad |
| Healthy Teaching Kitchen - Mediterranean Chickpea Salad |
| Healthy Teaching Kitchen - Apple Skillet Pork Chops |
| Healthy Teaching Kitchen - Lemon Parmesan Broccoli |
| Healthy Teaching Kitchen - Turkey Black Bean Burger with Avocado Salsa |
| Healthy Teaching Kitchen - Patriotic Quinoa Salad |
| Healthy Teaching Kitchen - Brussel Sprout Salad |
| Healthy Teaching Kitchen - Warm Cinnamon Apples |
| Healthy Teaching Kitchen - Mexican Quinoa with Black Bean |
| Healthy Teaching Kitchen - Quesadilla with Fresh Salsa |
| Healthy Teaching Kitchen - Overnight Oats |
| Healthy Teaching Kitchen - Southwest Salad with Salmon Dinner Salad |
| Healthy Teaching Kitchen - Peanut Butter Acai Bowl |
| Healthy Teaching Kitchen - Healing Carrot Soup with Turmeric and Ginger |

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| Healthy Teaching Kitchen - Black Bean Burger |
| Healthy Teaching Kitchen - Avocado Toast |
| Healthy Teaching Kitchen - "New You" Salad |
| Healthy Teaching Kitchen - Holiday Bake |
| Healthy Teaching Kitchen - Sofrito |
| Healthy Teaching Kitchen - Cauliflower Flatbread Pizza |
| Healthy Teaching Kitchen - Kale Salad with Apples, Cranberries, and Pecans |
| Healthy Teaching Kitchen - Grilled Chicken and Pineapple Kebabs with Grilled Veggies |
| Healthy Teaching Kitchen - Baked Kale Chips |
| Healthy Teaching Kitchen - Mozzarella-Stuffed Turkey Meatballs over Zucchini Noodles |
| Healthy Teaching Kitchen - Curried Butternut Squash Soup |
| Healthy Teaching Kitchen - Orange Bavarian Crème |
| Healthy Teaching Kitchen - Zesty All-Season Salad |
| Healthy Teaching Kitchen - Over Baked Fries and Foil Packet Fish |
| Healthy Teaching Kitchen - Homemade Pizza |
| Healthy Teaching Kitchen - Chicken Vegetable Stir-Fry |
| Healthy Teaching Kitchen - Southwestern Chicken Wrap and Green Smoothie |
| Healthy Teaching Kitchen - Autumn Vegetable Bake |
| Healthy Teaching Kitchen - Shrimp Broccoli Cauliflower Pasta |
| Healthy Teaching Kitchen - Baked Chicken Fried Steak |
| Healthy Teaching Kitchen - Cauliflower Mashed Potatoes |
| Healthy Teaching Kitchen - Pork Chops with Apples and Onions |
| Healthy Teaching Kitchen - Spaghetti Squash |
| Healthy Teaching Kitchen - 4 Ways to Use Greek Yogurt |
| Healthy Teaching Kitchen - Kitchen Knife Skills |
| Healthy Teaching Kitchen - Farmers Market Quesadilla |
| Healthy Teaching Kitchen - Loaded Veggie Dip |
| Healthy Teaching Kitchen - Red Velvet Cupcakes |
| Healthy Teaching Kitchen - Spice Rub |
| Healthy Teaching Kitchen - Fiesta Black Bean Salad |
| Healthy Teaching Kitchen - Five-A-Day Green Smoothie |
| **VETERAN RESOURCES** |
| Recipes and Cookbooks - Main Dish Recipes |
| Recipes and Cookbooks - Side Dish Recipes |
| Healthy Cooking at Home Cookbook |
| One-Pot Meals Cookbook |
| Garden to Table Cookbook |
| **VETERAN INFORMATION** |
| Carbs and Your Weight Loss |
| Deciding How to be a Healthier Eater |
| Eat to Reduce Inflammation |
| Elimination Diet - 1 |
| Food and Drink Log |
| Healthy Tips for Eatings Out and Grocery Shopping |
| How a Healthy Gut Makes for a Healthier You |
| How to Eat a Mediterranean Diet |
| Introduction to Food and Drink |

| Recharge |
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| **VIDEOS** |
| #LiveWholeHealth: Time to Rest (5:29) |
| #LiveWholeHealth: Taking Time to Pause (9:57) |
| **VETERAN RESOURCES** |
| Path to Better Sleep |
| Sleep 101 |
| Sleep Apnea |
| **VETERAN INFORMATION** |
| Counseling for Insomnia |
| Change Habits - Sleep Better |
| Healthy Sleep |
| Introduction to Recharge |
| The Health Benefits of Pausing and Taking Breaks |
| **Family, Friends, and Co-Workers** |
| **PODCASTS** |
| My Life, My Story (multiple) |
| **VETERAN INFORMATION** |
| Compassion Practice |
| Coping with Grief |
| Introduction to Family, Friends, and Co-Workers |
| Relationships and Health |
| **Power of the Mind** |
| **PODCASTS** |
| Relaxation Recording (14:26) |
| Short Breathing - McManus (2:45) |
| Mindfulness of Breathing Meditation (10:00) |
| Mindfulness of Sounds Meditation (10:00) |
| Loving Kindness Meditation (10:00) |
| Mindfulness and Meditation - Just This Breath (6:40) |
| Mindfulness and Meditation - Outside In (6:57) |
| Mindfulness and Meditation - Guided Meditation Amongst Tree Frogs (4:48) |
| Guided Imagery and Visualization - Anchoring (8:34) |
| Guided Imagery and Visualization - The Forest (9:24) |
| Guided Imagery and Visualization - Nourishment from the Past (5:41) |
| Guided Imagery and Visualization - Special Place (6:30) |
| Guided Imagery and Visualization - Grounding (20:38) |
| Progressive Muscle Relaxation (30:59) |
| Mental Muscle Relaxation (5:01) |
| Deep Breathing and Guided Relaxation - Calming Your Body (11:37) |
| Deep Breathing and Guided Relaxation - Short Relaxation (12:47) |
| Mindful Body Scan - McManus (22:00) |
| **VIDEOS** |
| #LiveWholeHealth: Acupressure (3:54) |
| #LiveWholeHealth: Acupressure Self-Care for Sleep (11:10) |
| #LiveWholeHealth: Acupressure Self-Care for Neck Pain (11:19) |
| #LiveWholeHealth: Acupressure Self-Care for Low Back Pain (11:06) |

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| #LiveWholeHealth: Acupressure Self-Care for Headaches (8:37) |
| #LiveWholeHealth: Awareness Meditation (40:03) |
| #LiveWholeHealth: Vacation Visualization (7:41) |
| #LiveWholeHealth: Breathing Space (3:01) |
| #LiveWholeHealth: Muscle Relaxation (8:38) |
| #LiveWholeHealth: Mindful Breathing (3:27) |
| #LiveWholeHealth: Paced Breathing (8:01) |
| #LiveWholeHealth: Progressive Muscle Relaxation (13:59) |
| #LiveWholeHealth: Yin Meditation (7:57) |
| #LiveWholeHealth: Breathing for Stress Release (6:31) |
| #LiveWholeHealth: Mindfulness of Breath (12:00) |
| #LiveWholeHealth: Breathing Practice (22:02) |
| #LiveWholeHealth: Breathing in the Moment (5:00) |
| #LiveWholeHealth: Meditation - Compassionate Breathing (10:32) |
| #LiveWholeHealth: Soft Belly Breathing (5:30) |
| #LiveWholeHealth: Head and Neck Massage (18:47) |
| #LiveWholeHealth: Acupressure, Head & Neck (4:25) |
| #LiveWholeHealth: Grounding Meditation (6:01) |
| #LiveWholeHealth: Moments of Pause (5:02) |
| #LiveWholeHealth: Intention Setting (5:11) |
| #LiveWholeHealth: Being Grateful for Your Body (14:57) |
| #LiveWholeHealth: Body Scan (8:00) |
| #LiveWholeHealth: Scheduling Pleasant Activities (9:31) |
| **VETERAN INFORMATION** |
| Biofeedback - 1 |
| Breathing and Health |
| Introduction to Power of the Mind |
| Seated Meditation |
| **Spirit and Soul** |
| **VETERAN INFORMATION** |
| Spiritual Anchors |
| Introduction to Spirit and Soul |
| How Do You Know That? Beliefs and Your Health |
| Deciding What You Need for Spiritual Health |
| Chaplains |