

# Spiritual RESOURCES



## UTA Resources

### Employee Resource Groups (ERGs)

- ▶ Connection and shared experiences

[go.uta.edu/erg](https://go.uta.edu/erg)

### Meditation Rooms

- ▶ Quiet spaces at UTA

[go.uta.edu/meditation](https://go.uta.edu/meditation)

### Self-Care and Mindfulness Tools

- ▶ Tools for relaxation and balance

[go.uta.edu/utselfcare](https://go.uta.edu/utselfcare)

### Living Well

- ▶ Personalized wellness activities

[ut.limeade.com](https://ut.limeade.com)

### ComPsych

- ▶ Confidential wellbeing resources

[guidanceresources.com](https://guidanceresources.com)



Access more resources  
and learn about the Eight  
Dimensions of Wellness at

[UTA.EDU/WELLNESS](https://UTA.EDU/WELLNESS)

## Wellness Tools and Apps

### Headspace

- ▶ Meditations, sleep and stress support

[headspace.com](https://headspace.com)

### Calm

- ▶ Meditation, breathing and relaxation tools

[calm.com](https://calm.com)

### Insight Timer

- ▶ Free meditation library

[insighttimer.com](https://insighttimer.com)

### Meditate Happier

- ▶ Practical mindfulness for skeptics

[meditatehappier.com](https://meditatehappier.com)

### Aura

- ▶ Personalized app for wellness and sleep

[aurahealth.io](https://aurahealth.io)

### Balance

- ▶ Meditation and mindfulness guidance

[themindcompany.com](https://themindcompany.com)

### Mindshift CBT

- ▶ Take control of your anxiety

[mindshiftcbt.com](https://mindshiftcbt.com)