

Wellness Tip **Self-Directed Wellness Ideas**

Meeting individually or in group-format for psychological support – whether that be with a licensed therapist, peer support, spiritual community, or health coaching – doesn't feel comfortable or effective for all people. For some, what feels better is having the privacy and flexibility to experience and process their inner world in a self-directed manner.

Or, at times, you may find yourself away from your home community - unable to access the in-person support you otherwise use - in need of resources that can move with you.

Below is a non-exhaustive list of some options that I know and love for those of you who may want to explore wellness on your own:

Insight Timer

An app with a large, very extensive library of meditations which target a variety of domains (e.g., stress reduction, sleep, pain, anxiety). It is great for beginners and seasoned practitioners alike. Beyond the recorded guided meditations, you can access live events like wellness talks, workshops, yoga, etc. There is so much available in the free version, but if you'd like to have access to everything there is a membership you can sign up for.

Headspace

An app that has hundreds of guided exercises to boost your wellbeing through mindfulness and meditation. It, too, is good for beginners or seasoned practitioners who want to maintain wellness. Best of all, CCOM student have access to Headspace for free. Simply go to [Headspace for Work](#) and register with your @uiowa email address for a year-long subscription.

JKZ Meditations

This app is where you can access the guided meditations of Jon Kabat-Zinn which accompany his Mindfulness-Based Stress Reduction (MBSR) program. There is no need to have taken MBSR to understand or benefit from the meditations. The free version will give you access to the basic audio files. A subscription will unlock video content.

ACT Companion

This app is designed to bring to life core features of Acceptance & Commitment Therapy (ACT) – an evidence-based psychotherapy shown effective for treating a wide range of concerns. While a paid subscription will unlock all content, the free version gives you access to the core of ACT interventions.

ACT Mindfully

This the website of Dr. Russ Harris, an ACT researcher and clinician. On this site there is a “free stuff” section ([Psychology Tools & Free Resources | ACT Mindfully](#)) where you can find access to the first few chapters of many of his books, worksheets that accompany those books, free audio that walks you through some ACT interventions as well as interviews he's done about ACT, short videos that highlight common problems that occur for humans, and more detailed scientific articles if you want to get more info about the science behind ACT.

Heartland Yoga

Located in downtown Iowa City, Heartland Yoga ([Heartland Yoga | Studio Dedicated to Mindful Practice](#)) offers two free community yoga classes a week (Fridays @4pm & Saturdays @9am). The Friday class is in-person or via Zoom, while the Saturday class is Zoom-only. Also if you'd like to explore the back catalogue, the classes are uploaded to their YouTube channel: [Community Yoga with Heartland Yoga - YouTube](#).

The owner of Heartland Yoga, Dr. Betsy Rippentrop, also has additional materials available on her YouTube channel ([Dr. Yoga Momma \(Betsy Brandl Rippentrop, PhD\) Psychologist - YouTube](#)) including educational videos about yoga, wellness, and the human condition.

If you would like to talk with someone about your well-being, or for any other questions or concerns, feel free to contact the Medical Student Counseling Center to talk with a counselor or schedule an appointment: osac-mscc@uiowa.edu | 319-335-8056 | 1240 MERF

Check out the MSCC Website for past Wellness Tips:
<https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

Remember, life is really hard at times - be gentle with yourself!

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