



Spa Education Academy

**CONFERENCE**

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## **Professor Gerard Bodeker**

### **Mental Wellness in the Time of Pandemic Recommended Resources**

1. **Mental Wellness Initiative of the Global Wellness Institute**
2. **White Paper on Mental Wellness**
3. **Mental Wellness Trends 2021**
4. **Wellness Evidence**
5. **COVID is a vascular disease**
6. **COVID breakthrough treatment announced:**
7. **COVID & Mental Health:**
  - **COVID-19 in Mental health impact and responses in in low income...**
  - **Mental health responses to COVID-19...**
  - **COVID-19 and health care workers burnout**