

Location

Timberwolf Learning Commons
Wausau Campus, C178

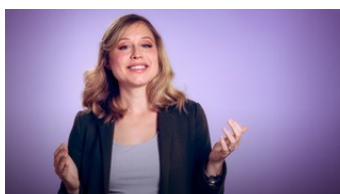
Contact Us

Website: <http://www.ntc.edu/library>
Email: library@ntc.edu
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Streaming Videos Click on titles to access



Mindfulness Practice



Ted Talks: Happiness



Fitness training



Mobile Photography

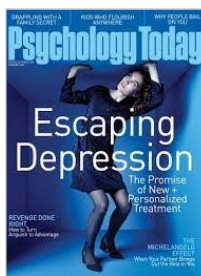


Wellness



Cooking

Magazines Click on titles to access



Learn More/Research Starters Click on links to access

Encyclopedia of Wellness

Encyclopedia of Mental Health

Credo Reference: Seasonal affective disorder

Hobbies and Crafts

APA.org: Resilience

Updated 2/15/2023

Fitness and Exercise Sourcebook

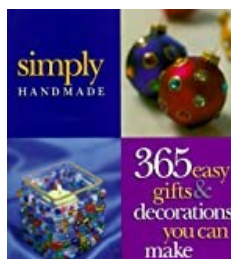
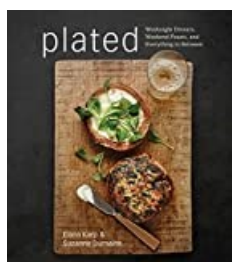
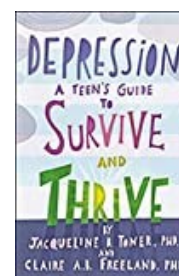
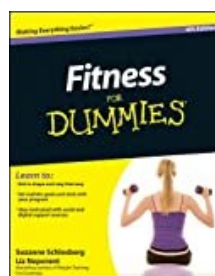
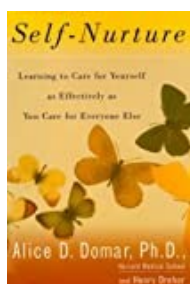
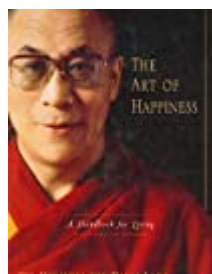
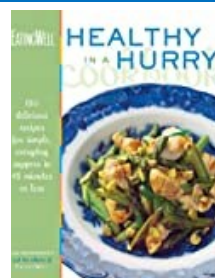
MedlinePlus: Benefits of Exercise

Credo Reference: Winter Sports

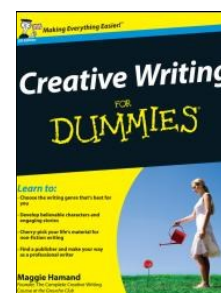
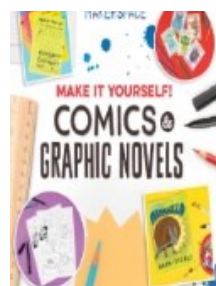
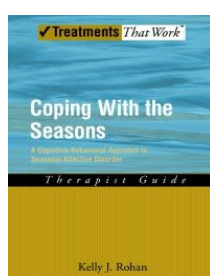
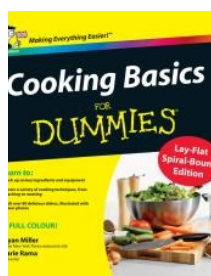
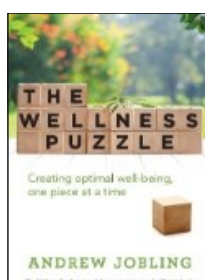
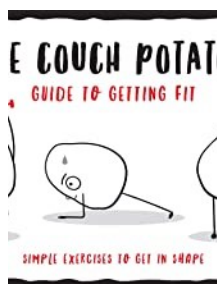
Nutrition and Well-Being A to Z

Medline Plus: Diets

Print Books Click on covers for details



E-Books Click on titles to access



Recommended Websites

National Institute of Mental Health

Mental Health.gov

Greater Good: Keys to Wellbeing

Mayo Clinic: Seasonal Affective Disorder

8 Great Ways to Start the Writing Process

Free Code Camp: Game Development

Wikihow: Dancing

MedlinePlus: Healthy Recipes

Wisconsin DNR: Outdoor Recreation

WikiHow: Hobbies and Crafts

WikiHow: Personal Fitness

Contemplative Neurosciences: How to Meditate

Hubblesite: Tonight's Sky