



GLOBAL WELLNESS CONTENT & RESOURCES

from the Global Wellness Institute (GWI) and Global Wellness Summit (GWS)

Uniting the world in wellness through education and collaboration is what both the GWI and the GWS stand for. We are known for our content and research that helps individuals, businesses and organizations navigate challenges and find opportunities to empower wellness worldwide. In this spirit, we have put together this comprehensive, easy-to-navigate list of Global Wellness Content & Resources from both our organizations. The goal is to make these resources readily available so even more people can benefit from this valuable content.

Please, feel free to use this content to promote a healthier and more well world within your own community. Use it on your website, in newsletters, communications, publications and the like. We simply ask that you include proper attribution, citing the Global Wellness Institute or the Global Wellness Summit as the source, along with the name of the piece and a link to the original content on our websites.

This list is updated each Monday so that the three most recent resources are easily accessible. You will find a wealth of additional information on the GWI and GWS websites under “click for more” in each section. If you have any questions, please email wendy.jackson@globalwellnesssummit.com.

WELLNESS MASTER CLASS VIDEOS

- May 27: [Learning from Resilient Brands](#), Cathy Chon
- May 20: [From Self-Quarantine to Self-Immunization](#), Kenneth R. Pelletier, MD
- May 13: [Coronavirus: from Prevention to Recovery—What You Need to Know](#), Dr. Richard Carmona

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EXPERT Q&A: COVID IMPACT ARTICLES

- May 19: [David Stewart](#), How COVID-19 Most Impacts The Active 50+ Demographic
- May 12: [Cathy Chon](#), The Real Future for Travel and Wellness
- April 27: [Martin Palmer](#), The Role of Faith in The Covid-19 Crisis

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REOPENING RESOURCES LIST

- Updated Regularly: [Global Resources for Reopening After COVID-19](#)

ZOOM CALL TAKEAWAYS BY INDUSTRY SECTOR: SUMMARIES

- May 19: [Mental Wellness: What Does The Future Look Like?](#)
- May 12: [Wellness At Work: What Does The Future Look Like?](#)
- May 5: [Thermal/Mineral Springs: What Does The Future Look Like?](#)

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INITIATIVE COLLABORATION ZOOM CALL VIDEOS

- May 21: [Exploring Salt & Halotherapy Initiative: How Can Spas Offer Respiratory Health & Immune System Support?](#)
- May 19: [Hydrothermal Initiative: Sauna Science Lab](#)
- May 14: [Wellness for Cancer Initiative: Repurposing Digital Content for the Cancer Community](#)

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WHITE PAPERS: [RESETTING THE WORLD WITH WELLNESS](#)

- Paper 1: [A New Vision for a Post COVID-19 Future](#)
- Paper 2: [Healthy Built Environments for Healthy People](#)
- Paper 3: [Work, Health, and Dignity](#)
- Paper 4: [Staying Active](#)
- Paper 5: [Mental Resilience in a Time of Stress and Trauma](#)
- Paper 6: [Human Connection in a Time of Physical Distancing](#)

TRENDIUM BI-WEEKLY NEWSLETTER

- May 22: [Japan's remarkable resilience in the face of COVID-19 highlights its ancient wellness roots](#)
- May 13: [Trend: Organized Religion Is Jumping into Wellness](#)
- April 29: [Fertility startups boom \(and matter more with COVID-19\)](#)

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GLOBAL WELLNESS BRIEF BI-WEEKLY NEWSLETTER

- May 20: [The Growing, Disturbing Connection between Obesity & Air Pollution & COVID-19](#)
- May 6: [The Future of Spirituality? // \\$200,000 Fund for Wellness Start-Ups // An Exercise Boom Post-COVID](#)
- April 22: [How Will Travel Change Post-Virus? // Avoiding Work-from-Home Burnout // Digital Earth Day](#)

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PODCASTS

- April 15: [How Businesses Can Empower People to be Healthier](#) with Tom Jones
- April 8: [Wellness Innovation + GWS 2020](#) with Amir Alroy
- April 3: [Creating a Happy, Healthy & Wealthy Future](#) with Dr. Modi

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INSTAGRAM LIVE LIVECAST

- May 14: Five in Ten [Wallace J. Nichols, PhD](#), Marine biologist & author of the NY Times Bestseller, *Blue Mind*
- May 7: Five in Ten [Laurie Jennings](#), Deputy Editor & Director, *Good Housekeeping* and GH Institute
- May 5: Five in Ten [Giselle Fernandez](#), Anchor and producer Spectrum News1; Five-time Emmy award winning journalist, producer, film maker and Latin media marketing entrepreneur

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2020 GLOBAL WELLNESS TRENDS

1. [Focus Shifts from Sleep to True Circadian Health](#)
2. [Aging Rebranded: Positively Cool](#)
3. [J-Wellness](#)
4. [Mental Wellness and Technology: Rethinking the Relationship](#)
5. [Energy Medicine Gets Serious](#)
6. [Organized Religion Jumps Into Wellness](#)
7. [The Wellness Sabbatical](#)
8. [The Fertility Boom](#)
9. [Wellness Music](#)
10. [In Wellness We Trust: The Science Behind the Industry](#)

RESEARCH REPORTS

- 2019: [Understanding Wellness: Opportunities and Impact of the Wellness Economy for Regional Development](#)
 - 2019: [Understanding Wellness: Four Global Forces Driving the Growth of the Wellness Economy](#)
 - 2019: [Move To Be Well: The Global Economy of Physical Activity](#)
 - 2018: [Global Wellness Tourism Economy Report](#)
 - 2018: [Global Wellness Economy Monitor](#)
 - 2018: [Build Well to Live Well: Wellness Lifestyle Real Estate and Communities](#)
- [Click for more](#)

SUMMIT VIDEOS

- [Mission Accomplished: Wellness Is a Global Force...What's Next?](#)
- [Move to Be Well: The Global Economy of Physical Activity](#)
- [Mental Wellness, from Public Health to Private Lives: Thriving in Life and Work](#)
- [A New Paradigm, A New Era of Wellbeing](#)
- [The Future is Catching Us: Rejuvenation Medicine](#)
- [What Does Faith Have to Do with Wellness? Everything!](#)
- [A Lifetime of Sensible Environmentalism to Share](#)
- [Mindful Warriors: Conquering the Future with Lessons from the Past](#)

WELLNESS DEFINITIONS

WELLNESS INDUSTRY STATISTICS & FACTS

WELLNESS MOONSHOT CALENDAR

- 2020 Wellness Theme: June: [Cultivate](#)
- 2020 Wellness Theme: July: [Listen](#)

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