

# Wheel of Well-being

## References and further reading



### Journals

Fernández-Ballesteros, R., Molina, M., Schettini, R., & del Rey, Á.  
(2012). Promoting Active Aging Through University Programs for Older  
Adults. *Geropsych*, 25(3), 145-154. <http://dx.doi.org/10.1024/1662-9647/a000064>

### Websites

Mental Health Foundation: Feeding Minds project

(Recipes especially)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Vitamin D

[www.vitamindmercola.com](http://www.vitamindmercola.com)

General 'food for thought'

[www.foodforthebrain.org](http://www.foodforthebrain.org)

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)

Food and mood good health guide - The food and mood project, 2006

[www.foodandmood.org](http://www.foodandmood.org)

Laughter Yoga TED

<https://www.youtube.com/watch?v=5hf2umYGKr8>



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