

## Stress Management Resources

### Useful websites and books:

- [http://www.mindtools.com/pages/main/newMN\\_HTE.htm](http://www.mindtools.com/pages/main/newMN_HTE.htm)
- <http://www.mindtools.com/pages/article/Assertiveness.htm>
- <http://www.lifehack.org/articles/technology/top-15-time-management-apps-and-tools.html>
- Alberti, R., & Emmons, M. (2008). *Your perfect right : Assertiveness and equality in your life and relationships* (9<sup>th</sup> Ed.). Atascadero, CA: Impact Publishers.
- Craske, M. G., & Barlow, D. H. (2006). *Mastery of your anxiety and worry: Workbook*. New York: Oxford University Press.
- Williams, M. et al. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guilford.
- *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness* by Jon Kabat-Zinn
- Books by Thich Nhat Hanh (mindfulness)
- Books by Sharon Salzberg (loving kindness meditation)
- Improving Sleep: <https://www.sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

### Online meditation and relaxation resources:

Free meditation audios from the University Counseling Center:

<http://counselingcenter.utah.edu/services/audiomindfulness.php>

Free meditation audios from UCSD:

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

### Progressive muscle relaxation

PMR (14 minutes):

<http://www.youtube.com/watch?v=TwCITgdBzI4&feature=related>

### Autogenics

Autogenics (14 minutes):

<http://www.youtube.com/watch?v=5Lzi4T6mu0U&feature=fvst>

### Imagery

Imagery (5 minutes):

[http://highered.mcgraw-hill.com/sites/0073380911/student\\_view0/audio\\_relaxation\\_techniques.html](http://highered.mcgraw-hill.com/sites/0073380911/student_view0/audio_relaxation_techniques.html)

Imagery (5 minutes)

[http://media.dartmouth.edu/~healthd/imagery\\_the\\_forest.mp3](http://media.dartmouth.edu/~healthd/imagery_the_forest.mp3)