

Relaxation Resources

1. MBSR Guided Audio and Video Exercises – UCSan Diego Health Center for Mindfulness: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>
2. Audio downloads for guided relaxation exercises: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>
3. Relaxation and sleep exercises: <https://medical.mit.edu/community/sleep/resources>
 - a. For a guided three-minute relaxation exercise you can use anytime, call the Relaxation Tip Line at 617-253-CALM (2256), available 24 hours a day.
4. Guided relaxation exercises: <https://mckinley.illinois.edu/health-education/stress-management/relaxation-techniques/relaxation-exercises%20>
5. Breathing exercise: <https://www.mentalhealth.org.uk/podcasts-and-videos/stress-and-relaxation-quick-fix-breathing-exercise>

Health and Mental Health Apps

- 1) Apps for anxiety
 - a. Life Armor
 - b. Anxiety Free
 - c. The Worry Box
 - d. Stop Anxiety and Panic
 - e. Self-help for Anxiety Management
- 2) Mindfulness apps
 - a. Mindfulness Coach
 - b. Buddhify
 - c. Calm
 - d. Headspace
 - e. Mindbody Connect
 - f. Ornvana
 - g. Relax Melodies
 - h. Smiling Mind
 - i. Take a Break
 - j. Sattva
- 3) Relaxation apps
 - a. Relax and Rest Meditations
 - b. Free Relaxing Nature Sounds and SPA Music
 - c. Tactical Breather
 - d. Breathe2Relax
 - e. Virtual Hopebox
 - f. Mindfulness Coach
 - g. Relax Melodies Sleep & Yoga
 - h. MyCalmBeat
- 4) CBT apps
 - a. Cognitive Diary CBT self help
 - b. Depression CBT self help guide
 - c. The Worry Box
 - d. Catch it – making sense of your moods
 - e. Cognitive Diary
 - f. Irrational Thinking CBT Test
 - g. Mood Coach
 - h. Mood Tools
 - i. Behavioral Appivation