**Stress Management Resource List**

**Belle’s Top Book and CD Recommendations**

* ***10 Simple Solutions to Stress*, Claire Michaels Wheeler, MD, Ph.D, 2007.**

This book is small and inexpensive and has some practical exercises. Counselors also use it in their stress management courses. Students tell us that they enjoy this book and find it helpful!

* ***The Relaxation and Stress Reduction Workbook, Sixth Edition,* M. Davis, E. Eschelman, M. McKay, 2008.**

This is one of the most widely sold stress management workbooks. I use many of the exercises in my stress management class.

* **Breathing, The Master Key to Self-Healing, Andrew Weil, M.D;** 1999.

Dr. Weil is an internationally known “holistic” doctor. The “4-7-8” exercise breathing is especially effective and one of the students’ favorites in my classes. The BC library has this CD.

**Free Phone Apps**

* **Insight Timer**
* **Headspace**
* **Buddhify**
* **Calm**
* **Stop, Breathe, and Think**

**Guided Imagery and Meditation Links (Free)**

Many of these guided meditations are short, easy, enjoyable and effective. I recommend trying several to see what works best for you. Students in my classes always find at least several that significantly help them feel calmer and less stressed.

Dartmouth College

<http://www.dartmouth.edu/~healthed/relax/downloads.html#guided>

Ohio State University

<http://www.osuhealthplan.com/online/guidedimagery/>

Dr. Kristin Neff, self-compassion meditations

<https://self-compassion.org/category/exercises/>

Progressive Relaxation

9 minutes, based on script from The Relaxation and Stress Workbook, 5th Edition, Chapter 4

<http://www.hws.edu/studentlife/counseling_relax.aspx>

Sitting Together, various meditation recording and handouts

<http://sittingtogether.com/meditations.php>

Other Links about Mindfulness and Happiness

Jon Kabat Zinn on mindfulness

<http://www.youtube.com/watch?v=wjXXvtGEZQQ>

Dalai Lama: Why meditate (to not be irritated)

<http://www.youtube.com/watch?v=yTCRdM71j2E&feature=related>

Positive Psychology. “What It Takes to Be Happy”

Dr. Ronald Siegel, Psy.D., Harvard professor

<http://www.youtube.com/watch?v=ilry-1-ucnA>

TED Talk about the factors that create happiness (and it’s not money, beauty or fame)

["What Makes a Good Life"](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness)

**CDs**

*8 Meditations for Optimum Health*, Andrew Weil, M.D. 1997

*Guided Meditations*, Margi Lantos, 2004.

*This Moment Is the Perfect Teacher*, Pema Chodron, 2008.

Pema is a Buddhist monk from Canada who makes Buddhism accessible. She is great story teller who weaves humor into her talks. I recommend her CDs over her books, which are both comforting and engaging.

*Self-Healing with Guided Imagery*, Andrew Weil, M.D. & Martin L. Rossman, M.D. 2003

**Books**

*The Happiness Advantage*, Shawn Anchor, 2010

*Creative Visualization*, Shakti Gawain, 1995.

*Learned Optimism*, Martin E.P. Seligman, Ph.D, 1990.

*Loving What Is*, Byron Katie, 2002.

*The Happiness Trap*, Russ Harris, 2008

Acceptance Commitment Therapy is a “new” therapeutic modality that is becoming increasingly popular. ACT incorporates mindfulness techniques and techniques to help “diffuse” stressful thoughts. Students find the strategies easy to learn and effective.

*Transitions*, *Making Sense of Life’s Changes*, William Bridges, 2004.

*When Things Fall Apart*, Pema Chodron, 1997.

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