

Stress Mitigation Resources

Listed here are some resources you may find helpful. This list is not exhaustive; there is a wide variety of resources of this type available online and as smart phone apps.

Not every suggestion will appeal to everyone. Sample different things and then stick with the ones that you find the most helpful. We all relax and unwind differently



Inclusion on this does not constitute Greenleaf's wholehearted endorsement of all aspects of the work of these authors or organizations.

GRATITUDE EXERCISES

- Write down three good things that happened in your day. Make a point to think of anything that was unanticipated or surprising.
- Write a letter to a person to whom you are grateful. Describe what they have done to help you or make you feel grateful for them, what it means to you, how their act made you feel then, and how it makes you feel now. Try to be as specific as possible. You can deliver this letter to the person if you would like, but do not have to do so.
- Think of something good in your life- a person or item you are grateful for, or a life circumstance for which you are grateful (e.g., to get to wake up every day and see and experience sunlight). Take a moment to reflect on what life would be like without that person, item, or circumstance. Notice how it feels to contemplate just how much this person, item, or circumstance means to you and how different your life would be without it.

ONLINE RESOURCES

<https://self-compassion.org>

Website by Kristin Neff, PhD, a leading self-compassion researcher and practitioner. The site contains links to books, audios, exercises, peer-reviewed articles, and other resources.

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

This is a subsection of Dr. Neff's self-compassion website. It contains links to guided audios and prompts for written self-compassion exercises.

<https://greatergood.berkeley.edu/topic/gratitude/definition#what-is-gratitude>

This is an article from Greater Good Magazine, a social science magazine sponsored by UC Berkeley that focuses on various positive psychology concepts. The article defines gratitude, describes its benefits as determined through empirical research, and describes methods for practicing gratitude. The article also has embedded videos from leading gratitude researchers.

<https://www.youtube.com/watch?v=ZToicYcHI0U&t=459s>

10 Minute "Be Present" Meditation

https://www.youtube.com/watch?v=XI_B45DpMLU

5 minute self soothing Meditation

<https://www.greenleafintegrative.com/greenleaf-wellbeing-resources/#collapse172>

Alternative Nostril Breathing

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

Calming Breathing #1

<https://www.youtube.com/watch?v=4e3Csho8CBw>

Calming Breathing #2

<https://insighttimer.com/emilytoner/guided-meditations/pre-meeting-check-in>

Centering for Meetings

SMARTPHONE APPS

Providing guided sessions to help with sleep, meditation, relaxation, and diverse circumstances. Some also include articles or other elements for additional learning. Some of these Apps have small monthly subscription fees.

- Calm
- Headspace
- Insight Timer
- Stop, Breathe, & Think
- Ten Percent Happier