

Managing Stress: Where to Learn More



Additional Resources

Websites and Smartphone Applications (Android and iPhone) for Mindfulness and Relaxation Practice

- ☞ Headspace
 - ☞ <https://www.headspace.com/>
- ☞ Mindfulness Meditation by Mental Workout
 - ☞ <https://itunes.apple.com/us/app/id312327144?mt=8>
- ☞ Breathe2Relax by the National Center for Telehealth and Technology
 - ☞ <https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>
- ☞ Simply Being by Meditation Oasis
 - ☞ <http://www.meditationoasis.com/>

Websites for Guided Mindfulness Practice

- ☞ University of Michigan Comprehensive Cancer Center
 - ☞ <http://www.mccancer.org/support/managing-emotions/complementary-therapies/guided-imagery/audio-library>
- ☞ UC San Diego Health System: Mindfulness-Based Stress Reduction
 - ☞ <http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>
- ☞ Guided Self-Compassion Meditation
 - ☞ <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>
- ☞ Mindful Self-Compassion
 - ☞ http://www.mindfulselfcompassion.org/meditations_downloads.php

Resources for Gratitude Practice

- ☞ Gratitude Journal
 - ☞ <https://itunes.apple.com/app/gratitude-journal-original/id299604556?mt=8>
- ☞ Gratitude 365
 - ☞ <http://gratitude365app.com/>

Psycho-Oncology Guided Mindfulness and Relaxation Recordings

- ☞ <http://cancer.ucsf.edu/support/psycho-oncology/resources>

Psycho-Oncology 6-week Stress Management Group Program

- ☞ Call 415-353-7019 to learn more or to register!

