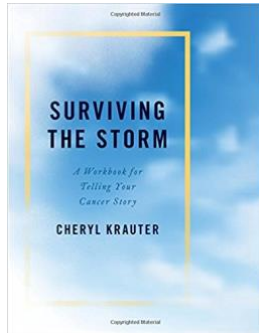


Managing Stress: Where to Learn More



Additional Resources



Surviving the Storm: A Workbook for Telling Your Cancer Story Workbook Edition by Cheryl Krauter

For more information: <https://www.amazon.com/Surviving-Storm-Workbook-Telling-Cancer/dp/0190636165>

AntiCancer Lifestyle Program

Free online course, eBooks, webinars, Expert Q&A, Blog and toolkit focused on stress management skills

<https://anticancerlifestyle.org/mindset/>

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

- ☞ UCLA Health
 - ☞ <https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations>
- ☞ 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>