

## Apps: Free content with in-app purchases available\*

- Insight Timer: <https://insighttimer.com/>
- MindShift: <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Moodfit: <https://www.getmoodfit.com/>
- Sanvello: <https://www.sanvello.com/>
- Smiling Mind: <https://www.smilingmind.com.au/smiling-mind-app>
- Stop, Breathe & Think: <https://www.stopbreathethink.com/>

\* FOH does not endorse these apps; use as you see fit.

## Books

- *Radical Compassion* by Tara Brach, Viking, NY, 2019
- *Feeling Good: The New Mood Therapy* by David Burns, HarperCollins, NY, 2008
- *The Anxiety and Worry Workbook* by David A. Clark and Aaron Beck, Guilford Press, NY, 2011  
Free PDF:  
[http://dl.booktolearn.com/ebooks2/science/psychology/9781606239186\\_the\\_anxiety\\_and\\_worry\\_workbook\\_2c3b.pdf](http://dl.booktolearn.com/ebooks2/science/psychology/9781606239186_the_anxiety_and_worry_workbook_2c3b.pdf)
- *Relaxation and Stress Reduction Workbook* 7<sup>th</sup> edition by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay, New Harbinger Publications; Oakland, CA, 2019  
Free PDF for sixth edition:  
<https://timetothrivetherapy.com/wp-content/uploads/2018/01/Relaxation-and-Stress-Workbook.pdf>
- *10% Happier – How I Tamed the Voice in my Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works – A True Story* by Dan Harris, HarperCollins, NY, 2014
- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn, Hyperion, NY, 1994/Hachette, NY, 2005
- *Free Your Mind: An African American Guide to Meditation and Freedom* by Cortez R. Rainey, CreateSpace Independent Publishing Platform, North Charleston, NC, 2015
- *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life’s Hurdles* by Karen Reivich and Andrew Shatte, Broadway Books, NY, 2003 (previously in hardback: *The Resilience Factor: Seven Essential Skills for Overcoming Life’s Inevitable Obstacles*, 2002)
- *Why Zebras Don’t Get Ulcers* by Robert Sapolsky, Henry Holt and Co., NY, 2004

## Websites

- American Heart Association: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>
- American Psychological Association: <https://www.apa.org/topics/stress/>
- Resources to encourage meditation in the African American community: <https://www.freeyourmindguide.com/>
- Greater Good Science Center, UC Berkeley: <https://greatergood.berkeley.edu/>

# Behavioral Health Services Employee Assistance Program Resources for Stress Management

- Harvard Medical School: <https://www.health.harvard.edu/topics/stress>
- Non-profit to promote mental health and wellness: <https://www.helpguide.org/home-pages/stress-management.htm>
- Non-profit to promote mindfulness: <https://www.mindful.org/about-mindful/>
- NIH, National Institute of Mental Health: [https://www.nimh.nih.gov/health/publications/stress/19-mh-8109-5-things-stress\\_142898.pdf](https://www.nimh.nih.gov/health/publications/stress/19-mh-8109-5-things-stress_142898.pdf)
- Resource that includes free meditations, talks, and videos: <https://www.tarabrach.com/>

## Video

- How to Make Stress Your Friend, Kelly McGonigal, TEDGlobal, 2013 Retrieved from: [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

(Information current as of May 2020)