



CONNECTICUT COLLEGE

STUDENT COUNSELING SERVICES

Relaxation and Stress Management Resources



Calm

Calming nature scenes and soothing music to help you relax and de-stress. Includes timed guided meditations and a sleep timer. Also available on iPhone.

www.calm.com

Dr. Emmett Miller

Information on stress, depression, meditation, self-hypnosis, and guided imagery. CDs, DVDs, and books are available for downloads, with other resources available for free.

<http://drmiller.com/>

Georgia Southern University Online Relaxation Exercises

Georgia Southern's counseling center has a variety of self-help resources available, including information on relaxation and stress management. Relaxation techniques are described, with free sample scripts and guided audio files available for all techniques.

Liquid Mind

Chuck Wild developed music therapy and ambient sound tracks to promote stress relief, focus, sleep quality. His tracks are available on Pandora and as albums on iTunes for \$10 per album, but a free sample is available at

www.youtube.com/watch?v=8f_M177XTQ

www.liquidmindmusic.com/wild.html



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Mindful Self Compassion

Instructions for meditation focused on self-compassion, including breathing, body scans, and positive self-talk. Guided meditation audio files are also available for download.

<http://www.mindfulselfcompassion.org/meditations.php>

Mindfulness Solutions

A wide range of streaming and downloadable audio files on meditation, breathing, and managing stress, fear, pain, and cravings.

<http://www.mindfulness-solution.com/DownloadMeditations.html>

Positive Coping with Health Conditions

A 3-stage relaxation exercise that walks through calming muscles, thoughts, and blood flow. Available for streaming or download.

<http://comh.ca/pchc/resources/audio/index.cfm>

Rainy Mood

A popular website featuring calming rain sounds and images.

<http://www.rainymood.com/>

Resilient You

CD-based instruction and exercises on mindfulness grounding and calming by Elizabeth Lehmann, LCSW.

www.resilientyou.com

Serenity Music

Guided imagery and meditation tracks from a variety of artists available for download for \$14 per CD. A free CD of sample MP3s is available on the website. Track categories include massage, nature, prayer, and many more.

www.serenitymusic.com

Youth in BC – Stress Management Exercises

Breathing, body scan, and guided visualization exercises are available as scripts, audio, and video for free. The site also has resources for recognizing and coping with stress, as well as personal goal setting. It is also a resource for crisis management and suicide prevention.

youthinbc.com/youth-issues-2/stress/stress-management-exercises/#mobile-menu-container

*YouTube is an excellent resource for free guided imagery, guided meditation, nature and ambience sounds!



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THERAPEUTIC APPS FOR ANDROID



The Android Marketplace and Google Play Store have a variety of apps that focus on stress and mood management, addiction, meditation, and self-growth. Some apps are free, while others have a low cost. Below are some popular options, although many more can be found by searching for terms such as “relaxation,” “stress,” “mood,” or similar. For more information on each app, search for it in the Google Play store on your Android device.

Music/Sounds

White Noise Lite – Free

Ambient noise to improve sleep and reduce stress

Relaxing Sounds – Free

Soothing sounds and music you can listen to or set as ringtones or notification tones

Meditation

Meditation Oasis – Free

Guided meditation for stress relief and work breaks, with instructions to improve meditation



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Qi Gong Meditation Relaxation – Free

Information and articles about meditation, relaxation, stress management, cognitive-behavioral therapy (CBT), and relaxing audio of nature scenes

Buddhist Meditation Trainer – Free

Trainer for improving meditation, including guides, tips, ambient sounds and a sleep timer

Yoga

My Yoga – Free

Guides for yoga workouts divided into Beginner, Intermediate, and Advanced levels.

Stress Management

Stress Test and CBT – Free

Track your stress during the day and display in graph form to learn when you feel stress and how it affects you. Includes articles and tips on coping skills to manage and reduce stress.

Anxiety and Panic Management

Worry Box – Free

Keep a thought record or diary of worries and how they affect you. Includes guides on how to cope with and reduce your worry.

Stop Panic and Anxiety Self-Help – Free

Specifically focused on panic attacks, diaries and information on anxiety help you understand your panic attacks, while emotion training and relaxation audio tracks help you learn to manage and reduce anxiety and panic attacks.



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THERAPEUTIC APPS FOR iPhone and iPad



The iTunes Store has a variety of apps that focus on stress and mood management, addiction, meditation, and self-growth. Some apps are free, while others have a low cost. Below are some popular options, although many more can be found by searching for terms such as “relaxation,” “stress,” “mood,” or similar. For more information on each app, search for it in the iTunes store on your Apple device.

Mood, Aggression, & Anxiety

PTSD Coach by the Department of Veteran Affairs – Free

T-2 Mood Tracker – Free

iCBT - \$4.99 iPhone, \$7.99 iPad

eCBT Mood - \$0.99

iCounselor - \$0.99



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Overcome Shyness 101 by Weblantis - \$0.99

Let Panic Go - \$2.99

Beat Social Phobia - \$2.99

Anger Coach - \$1.99

My Mood Maps – Free

Sleep, Stress, & Relaxation

Relaxation Sounds of Nature Lite – Free

Relax Melodies – Free

Breathe2Relax – Free

Sleep Easily Meditation by Shazzie – Free

Deep Relaxation – Free

Stress Stopper – Free

Diaries

My Secret Diary by yoobee – Free

Quick Diary by TopOfStack Software – Free

Mood & Anxiety Diary by happtic- \$2.99

Thought Diary Pro by happtic - \$4.99

Happier by Happier, Inc. – Free



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Substance Abuse

12 Steps AA companion by Alcoholics Anonymous - \$2.99

12 Steps by Michael Quach – Free

iAlcohol by Macsoftex (calculator to measure alcohol in blood) - Free

iPromises Recovery - Free

iQuit Quit Smoking - Free

SmokeTrack - Free

Medical Reference

Medicalepocrates - Free

Skyscrape – Free

MangoHealth by MangoHealth – Free

Yoga

Daily Yoga - Free

SHINE Mind/Body Workout with Yoga and Intervals - Free