



Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who SupportSM

ADDRESS YOUR STRESS RESOURCE GUIDE

This guide includes external websites, podcasts, and mobile applications that can supply you with tips, strategies, and resources to help you manage stress in your day-to-day life.

RELAXATION BREATHING

Steps to Practice Relaxation (Diaphragmatic) Breathing

1. Sit or lie down shoulders straight.
2. Breathe in through the nose (or pursed lips) – see your stomach rise (use a pillow).
3. Breathe out through your nose (or pursed lips) - see your stomach fall.
4. Pause a moment.
5. Continue 15 – 20 minutes.

EXTERNAL RESOURCES AND MEDIA

Included below are online resources that link up to free examples of diaphragmatic breathing and additional stress management techniques, such as progressive muscle relaxation, keeping a thought record, relaxation response, and guided imagery. Additionally, using YouTube, you can search for any of the techniques to find free and helpful videos related to stress and stress management.

University of Florida Extension Stress Management Workshop

http://hillsborough.ifas.ufl.edu/family_life/stress_management.shtml

Includes a seven-part course on stress management, which includes breathing exercises, visualization, and muscle relaxation workshops.



Georgia Southern University

<http://students.georgiasouthern.edu/counseling/relax/index.htm>

Contains an online stress management workshop and online relaxation exercises, including diaphragmatic breathing, progressive muscle relaxation, guided imagery, and a thought record worksheet.

Mayo Clinic Meditation Video

<http://www.mayoclinic.org/meditation/vid-20084741>

This Mayo Clinic instructional video offers a guided meditation session to help you relax.

McMaster University Guided Relaxation CD

<http://wellness.mcmaster.ca/resources/relaxation/relaxation.html>

The McMaster University Guided Relaxation CD includes free mp3 audio tracks for diaphragmatic breathing, progressive muscle relaxation, autogenic training, and guided imagery.



Podcasts



Podcasts are free and can be downloaded from the iTunes Store. To find the titles listed below, use the search string “managing stress”, “relaxation”, “relaxation music”, “breathing”. You can listen to podcasts through the iTunes stores or download for later viewing. You can also subscribe to podcasts to receive content from the same author.

- Managing Stress with Jones Bartlett – PRM and Autogenic Training Sessions
- Great Relaxation Music (www.greatrelaxationmusic.com)
- Relaxation Meditation with Lita Stone
- Wellness Workbook Guided Relaxation Exercises
- George Mason University – Guided Imagery, Mindfulness Meditation, PRM and Breathing Exercises

Mobile Applications



Mobile applications are also available from the iTunes Store for iPhone and iPad. Similar apps are also available for other smartphone devices. Those listed below are free, although data charges may apply.

- Nature Space Holographic Audio Theater (Visualization)
- National Center for Telehealth Technology Breathe 2 Relax (Guided Breathing)
- Pranayama (Guided Breathing)
- Silva Relaxation (Relaxation Exercises)