

# **Additional Stress Management Resources**

**Also available in digital hyperlink format at: [www.QCcounselor.com/tools](http://www.QCcounselor.com/tools)**

Several articles on stress, coping and developing resilience:

<https://www.helpguide.org/home-pages/stress-management.htm>

5 Science-Backed Strategies to Build Resilience

[https://greatergood.berkeley.edu/article/item/five\\_science\\_backed\\_strategies\\_to\\_build\\_resilience](https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience)

Building Resilience – American Psychological Association

<https://www.apa.org/topics/resilience>

The Mindfulness Toolbox – A self-guided, mindfulness-based workbook with 50 tools and tips for dealing with anxiety, depression, stress and pain (some tools used are excerpts from this workbook).

\$29.99 at: <https://www.pesi.com/Store/Detail/PUB082210>

Defining and implementing Mindfulness and Flow

<https://www.mentalhelp.net/emotional-resilience/mindfulness-and-flow/>

Guided Mindfulness Meditation Apps like Calm or Headspace for Stress Reduction

Subscription-based, prices vary at:

<https://www.calm.com/>

<https://www.headspace.com/>