

Recommended Reading on Stress

- *Burnout: The Secret to Unlocking the Stress Cycle.* Emily Nagoski and Amelia Nagoski. (2019)
- *The Stress Solution: The 4 Steps to Reset Your Body, Mind, Relationships and Purpose.* Dr. Rangan Chatterjee. (2018)
- *The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body.* Peta Stapleton. (2019)
- *The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity.* Melanie Greenberg. (2017)
- *Understanding Stress Disorder: A Self-Help Workbook for Identifying the Signs of Stress & Learning How to Fight, Manage and Overcome It to Start Living a Stress-Free Life.* Alison Care. (2019)
- *Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping.* Robert M. Sapolsky (2004)
- *The Mayo Clinic Guide to Stress-Free Living.* Amit Sood. (2013)
- *A Mindfulness-Based Stress Reduction Workbook.* Bob Stahl and Elisha Goldstein. (2010)
- *From Stress to Stillness: Tools for Inner Peace.* Gina Lake. (2013)
- *Is Stress Your Silent Killer?: How to deal with stress and achieve permanent stress relief.* Janet Matthews. (2013)
- *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It.* Kelly McGonigal. (2016)
- *The End of Stress: Four Steps to Rewire Your Brain.* Don Joseph Goewey. (2014)
- *Full Catastrophe Living Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.* Jon Kabat-Zinn. (2013)
- *Stress Relief for the Anxious Mind: Practical Advice to De-Stress Your Life in 5 Minutes a Day.* Lauren Ryan. (2019)
- *Stress-Proof: The Scientific Solution to Protect Your Brain and Body--and Be More Resilient Every Day.* Mithu Storoni. (2017)
- *Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way.* Rick Carson. (2003)
- *Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter.* Karin Kiser. (2016)
- *Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind.* Pem Chodron. (2013)
- *Little Book of Mindfulness: 10 minutes a day to less stress, more peace.* Patricia Collard. (2014)
- *Declutter your mind: Life-Enhancing and Stress Management Techniques for Increased Energy, Clarity, Focus and Joy.* Paula J. Harrison. (2018)
- *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls.* Lisa Damour. (2019)
- *The Relaxation and Stress Reduction Workbook.* Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay. (2008)

- *A Year of Mindfulness: A 52-Week Guided Journal to Cultivate Peace and Presence.* Jennifer Raye. (2019)
- *Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life.* Richard Carlson. (1996)
- *The Strengths-Based Workbook for Stress Relief: A Character Strengths Approach to Finding Calm in the Chaos of Daily Life* (A New Harbinger Self-Help Workbook). Ryan M. Niemiec. (2019)
- *Widen the Window: Training Your Brain and Body to Thrive During Stress and Recover from Trauma.* Elizabeth A. Stanley. (2019)
- *Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose.* Rebekah Lyons. (2019)
- *The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years.* Dr. B. Janet Hibbs & Dr. Anthony Rostain. (2019)
- *Recover from Burnout: Life Lessons to Regain your Passion and Purpose.* Judy Klipin. (2019)
- *The Burnout Solution: 12 weeks to a calmer you.* Siobhán Murray. (2018)
- *When the Body Says No - The Cost of Hidden Stress.* Gabor Mate. (2003)
- *The Stress Management Handbook A Practical Guide to Staying Calm, Keeping Cool, and Avoiding Blow-Ups.* Eva Selhub. (2019)
- *Somatic Awareness Can Transform Your Body's Stress Response and Build Emotional Resilience.* Alane K. Daugherty. (2019)
- *In Sickness and in Health: The Physical Consequences of Emotional Stress in Marriage.* David Hawkins. (2019)
- *The resilience workbook : essential skills to recover from stress, trauma, and adversity.* Glenn R. Schiraldi. (2017)
- *The Evil Hours: A Biography of Post-Traumatic Stress Disorder.* David J. Morris. (2015)
- *Building Resilience in Children and Teens: Giving Kids Roots and Wings.* Kenneth R. Ginsburg. (2014)
- *Easy Coping Strategies for Stress: Discover Ways and Mechanisms To Reduce Stress for the Anxious Mind.* Nicholas Weber. (2019)
- *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole.* Arielle Schwartz. (2017)
- *The Mindful Way through Stress: The Proven 8-Week Path to Health, Happiness, and Well-Being.* Shamash Alidina. (2015)
- *Resilience: The Science of Mastering Life's Greatest Challenges.* Steven M. Southwick & Dennis S. Charney. (2012)
- *The Wellbeing Workout: How to manage stress and develop resilience.* Rick Hughes, Andrew Kinder, and Cary L. Cooper. (2018)
- *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness.* Rick Hanson and Forrest Hanson. (2018)
- *Emotional Resilience: How to safeguard your mental health.* Dr. Harry Barry. (2018)

- *The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit, and Live Your Best Life.* Jeffrey Bernstein. (2019)
- *The Myth of Stress: Where Stress Really Comes From and How to Live a Happier and Healthier Life.* Andrew Bernstein. (2019)
- *Taming the Anxious Mind: A Guidebook to Relieve Stress & Anxiety.* Heidi Schreiber-Pan. (2019)

Recommended Podcast on Stress

Single Episode

- Guided Relaxation: A gentle meditation to calm stress
(<https://yourgreatjourney.com/2019/07/17/guided-relaxation-a-gentle-meditation-to-calm-stress/>)
 - Relax and Relieve Stress: A guided meditation for letting go
(<https://yourgreatjourney.com/2018/11/21/relax-and-relieve-stress/>)
 - Mindfulness: How to be present in the moment
(<https://yourgreatjourney.com/2018/11/07/mindfulness-how-to-be-present-in-the-moment/>)
 - The pervasive effect of stress – is it killing you? Episode 51, Robert Sapolsky, Ph.D. The Peter Attia Drive Podcast.
(<https://peterattiamd.com/robertsapolsky/>)
 - Being Well Podcast: Introducing Resilience.
(<https://www.rickhanson.net/well-podcast-introducing-resilience/>)
 - Resilience with Dr. Cynthia Li. Phoenix Helix Podcast, Episode 129.
(<https://www.phoenixhelix.com/2019/08/23/episode-129-resilience-with-dr-cynthia-li/>)
 - Complex PTSD, The Hardcore Self Help Podcast with Duff the Psych, Episode 130.
(<https://www.duffthepsych.com/episode130/>)
 - The Unspeakable Mind: Stories of trauma and healing from the frontline of PTSD science. Psychiatry & Psychotherapy Podcast.
(<https://psychiatrypodcast.com/psychiatry-psychotherapy-podcast/2019/6/12/the-unspeakable-mind-stories-of-trauma-and-healing-from-the-frontline-of-ptsd-science>)
 - How to Reduce the Stress of Social Media. The Psych Central Podcast: Psychology Made Simple.
(<https://psychcentral.com/blog/podcast-how-to-reduce-the-stress-of-social-media/>)
- How to Talk to Kids about Stress Management. How to talk to your kids about anything with Dr. Robyn Silverman.
(<https://drrobysilverman.com/how-to-talk-to-kids-about-stress-management-with-lori-lite/>)

Continuous Episodes

- The Mindful Podcast
(<https://www.podbean.com/podcast-detail/sd3f7-3b85d/The+Mindful+Podcast>)

- The Tapping Solution Podcast
(<https://www.stitcher.com/podcast/nick-ortner/the-tapping-solution-podcasts>)
- Meditation Oasis Podcast
(<https://www.meditationoasis.com/podcast>)
- Stressed - The Podcast to Develop your Stress Resilience by Julia Arndt.
(<https://www.podbean.com/podcast-detail/w9q4a-83b61/Stressed---The-Podcast-to-Develop-your-Stress-Resilience>)

Recommended Twitter Accounts on Stress

@DeStressMonday

@newstressrelief

Recommended Blogs on Stress

The American Institute of Stress Blog - <https://www.stress.org/blog>

Stress Management Activities - <https://www.stress.org/blog>

The Center for Stress & Anxiety Management Blog -

<https://www.csamsandiego.com/blog/>

Mindful Stress Management Blog - <https://mindfulstressmanagement.com/blog/>

Stress to Strength Blog - <https://www.stresstostrength.com/blog/>

Recommended Videos on Stress

How to make your stress your friend | Kelly McGonigal

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

How stress affects your brain | Madhumita Murgia

https://www.ted.com/talks/madhumita_murgia_how_stress_affects_your_brain

The surprising link between stress and memory | Elizabeth Cox

https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory

The psychology of post-traumatic stress disorder | Joelle Rabow Maletis

https://www.ted.com/talks/joelle_rabow_maletis_the_psychology_of_post_traumatic_stress_disorder

All it takes is 10 mindful minutes | Andi Puddicombe

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

How to stay calm when you know you'll be stressed | Daniel Levitin

https://www.ted.com/talks/daniel_levitin_how_to_stay_calm_when_you_know_you_ll_be_stressed

The art of stress-free productivity | David Allen

<https://www.youtube.com/watch?v=CHxhjDPKfbY>

The Art of Stillness | Pico Iyer

https://www.ted.com/talks/pico_iyer_the_art_of_stillness

You are your greatest ally | Jessica Amos

<https://www.youtube.com/watch?v=GYCPsPBMo8U>

From stress to resilience | Raphael Rose

<https://www.youtube.com/watch?v=Q7vYuKvpneM>

The Science of Resilience

<https://www.bbc.co.uk/programmes/b07cvhrs>

How to Humor Your Stress | Loretta LaRoche

<https://www.youtube.com/watch?v=bZMJdhe4xhQ>

Recommended Apps on Stress

Calm

Calm is a mental health app that can help you relax, meditate and fall asleep easier. This app has guided meditation session on stress management in different durations so you can choose the best length. A new section to relax your body demonstrates stretching routines to help wake you in the morning, boost you in the afternoon, wind down in the evening, or simply de-stress.

Breathe2Relax

This is a portable stress management tool. The app is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's "fight-or-flight" (stress) response, and help with mood stabilization, anger control, and anxiety management.

As the name of this app is focused on, you will be able to use this app for the main function of relaxing your mind and hence get the relief from the stress or the anxiety. This app has the documents and the instructions related to the ways of breathing in such a way that your mind gets relaxed the most. The detailed information for the effect of breathing on mind is also scripted inside this app and is conveyed in an easy to read manner.

Headspace: Guided Meditation

Reduce stress levels using Headspace, a handy guided meditation app. It is truly a life-changing app that offers enormously helpful lessons on stress management. You can learn different skills of eliminating negativity.

Mindfulness Coach

Mindfulness has been shown to be effective for reducing stress, improving emotional balance, helping with anxiety and depression, and coping more effectively with chronic pain. This app was developed to help you learn how to practice mindfulness. It offers

exercises, information, and a tracking log so that you can optimize your practice.

Stress Check

Stress Check is the most innovative tool available for quantifying your level of psychological or physical stress. By measuring your heart rate through the camera and light features on your Android, Stress Check can estimate your level of stress in real time.

Mindshift

Mental health issues can affect people of all ages. Mindshift has been developed primarily for teens and young adults, Mindshift focuses on issues that cause stress and anxiety within that age group.

Stop, Breathe, & Think

It's easy to get caught up in the daily hustle, but taking time out for yourself is important. Stop, Breathe & Think is perfect for taking a short break from your busy day and giving your body and mind the peaceful meditation it needs.

Innerhour

Innerhour offers 6 self-help courses on:

- Happiness: How to experience happiness in your life
- Anger: How to channel your anger
- Stress: How to manage stress
- Depression: How to make small changes to beat depression
- Sleep: How to develop sound sleep habits

Features of this app include an assessment to see what you need to work on. The app creates a 28-day customized plan for you.

Shine

For a daily dose of motivation through an expansive collection of self-improvement audio, Shine is a great introductory exercise. There is a plethora of free content; think topics on productivity, mindfulness, positive affirmations and healthy living. With this self-care app, you can de-stress, lower anxiety and create an overall sense of calm and well-being.

Sanvello (formerly Pacifica)

This app is a tailored online tool to help combat stress, anxiety and depression. Users can track their mood, meditate and implement cognitive-behavioral therapy by using psychologist-designed tools to assist in managing tension, nervousness and dejection. Audio exercises include deep breathing and soothing soundscapes. There is also a chance to connect with other users through its peer-support community.

Moving Forward

Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app is designed for Veterans and Service

members, but is useful for anyone with stressful problems. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the free [Moving Forward online course](#).

PTSD Coach

PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides info about PTSD, a self-assessment for PTSD, opportunities to find support, professional care, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music.

Breethe

Breethe's 10-minute guided meditation may seem a little longer than other apps on this list, but the smartphone app also has a web tie-in, where you can check your progress or even meditate right at your desk from your browser. This app can also be used with kids, if some of you want to get your family on the mindfulness boat. Breethe targets specific states of mind to guide you through meditation—some examples include “Dealing with Pressure,” for those with deadlines, and “Public Places,” which can guide you through a meditation exercise with your eyes open.

Pause and Sway

Pause is unique on this list because it requires touch for you to hone in and focus on your meditation. Using your finger, you continually trace the screen and follow the audiovisual cues. The idea here is to keep you in the present and focused on the task at hand, thereby reclaiming your mind in a stressful or difficult time. The company behind Pause also released Sway, an app, only available on iOS that tracks your body and hand movements to have you sway as you meditate—perfect for a commute or standing in line. Both apps are beautifully designed and use sound as well as visuals to help you be more mindful.

Mindfulness Daily

This is another mindfulness app that will only take a few minutes of your time each day and provide you with invaluable benefits. The app supports quick, effective guided practices to reduce stress and anxiety, improve performance, and enhance sleep (along with the growing list of other evidence-based benefits of mindfulness, like pain management). People who use this app especially love its ability to reduce stress and promote sleep. The extended body scan promotes a sense of relaxation that allows you to set aside your worries from the day and get a good night's sleep.

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Seven – 7 Minute Workout Training Challenge

Designed based on the scientific studies, Seven – 7 Minute workout training challenge app provides workable solutions to reduce stress. Whether you are traveling somewhere or sitting at home, you can use this refreshing app to bring back positivity. It is just like playing a video game. This app will motivate you to focus on your life goals. Also, you can set daily reminders so that you don't miss out on workouts. Their health-related giveaways will boost your confidence.

Inner Balance

Inner Balance is an innovative approach to improving wellness through training, education and self-monitoring. It helps get your heart, mind and emotions in sync (coherence) to improve health, well-being and performance. It's a great approach to be resilient and recover from stress. Track your health history and lifetime achievements.

Colorfy

As we all know, in few studies coloring has shown some great sign of relaxing and calming effects. Colorfy features over a thousand different pictures that you can color. The great thing is that Colorfy works offline and it can help you to beat insomnia. Basically, it's a color therapy app which you should use.

My Mood Tracker

Here's another app that lets you track your emotions and activities throughout the day, with the goal of helping you figure out what's driving these emotions. Monitoring your mood in an app can help you find some useful correlations -- for example, some folks find their mood changes depending on whether or not they worked out that day.

Personal Zen

If you're a fan of playing games on your phone to relieve stress, try adding this one to your repertoire. The premise of the game is super simple: It takes place in a garden where two faces, one happy and one angry, drop into the ground. The happy face creates a trail of grass you have to quickly trace with your finger. The more you play, the more attuned you become to look for the happy face instead of the angry one. And it works, according to science: It's based on an emerging cognitive treatment for anxiety called attention-bias modification training (ABMT).

All it takes is 25 minutes of play time to reap the positive benefits, according to a study published in the Clinical Psychological Science journal about the app.

Smiling Mind

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. It encourages awareness and enables personalized stress and anxiety monitoring and management. Smiling Mind offers multi-media lessons and games along with age-specific guided meditations for the whole family. Practice your daily meditation and mindfulness exercises from any device.