

# Work Stress Reduction Resources

James Westphal, MD

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## Free Starter Breathing Resources

- Free mobile app at Apple App Store and Android Google Play; recommended by Pospos, Young, Downs, Iglewicz, Depp, Chen, Newton, Lee, Light & Zisook, 2017
- Breathe. Exhale. Repeat. The Benefits of Controlled Breathing, Lesley Alderman, 2016



<https://www.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html>

## Free Starter Meditation Resources

Meditation for Beginners articles:

<https://zenhabits.net/meditation-guide/>

<https://theconsciouslife.com/how-to-meditate-a-guide-for-beginners.htm>

<https://www.gaiam.com/pages/5-minute-guided-meditation-with-alexa-silvaggio>

How to Meditate video:

<https://www.mindful.org/meditation-for-beginners-video/>

Free meditation App: Free Seven Day Learn to Meditate Course; 12,000 guided meditations; specific meditations to improve sleep

[www.insighttimer.com](http://www.insighttimer.com)

## Free Starter Mindfulness Resources

Five Simple Practices for Daily Life

<https://www.mindful.org/downloads/simple-practices-for-daily-life.pdf>

Ten Ways to be More Mindful at Work

<https://www.mindful.org/10-ways-mindful-work/>

Five Steps to Mindfulness

[https://uhs.berkeley.edu/sites/default/files/article - five steps to mindfulness.pdf](https://uhs.berkeley.edu/sites/default/files/article-five-steps-to-mindfulness.pdf)

Free MBSR 8 week online course

<https://palousemindfulness.com/>

## Free Starter CBT Resources

- Medical News article on CBT  
<https://www.medicalnewstoday.com/articles/296579.php>

Mind Tools Toolkit: Stress management  
[https://www.mindtools.com/pages/article/newtcs\\_81.htm](https://www.mindtools.com/pages/article/newtcs_81.htm)

## Increasing Positive Emotions Apps



<https://itunes.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576?mt=8>



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

# Relatively Inexpensive Resources: Apps and Workbooks

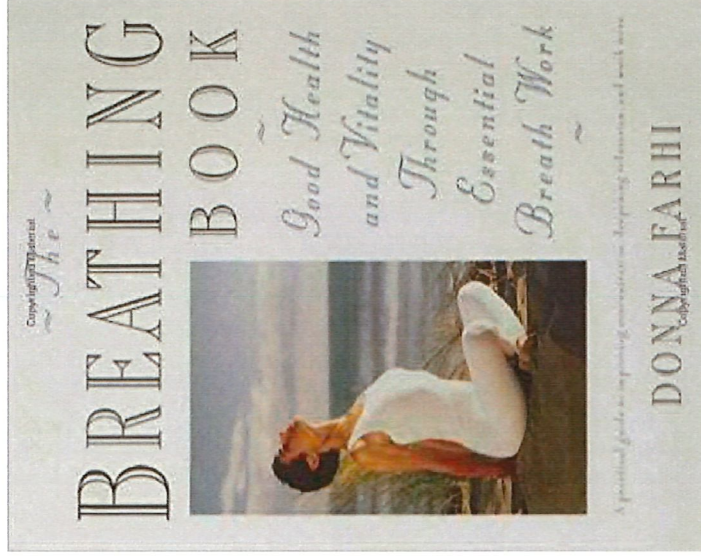
## Breathing Print and Electronic Resources



LEARNING TO BREATHE,  
LEARNING TO LIVE

*Simple Tools To Relieve Stress And Investigate Your Life*

SHARON HARVEY ALEXANDER

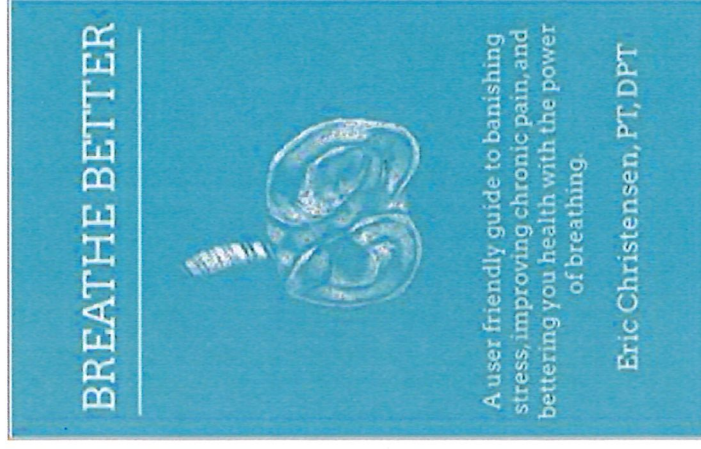


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**BREATHING**  
**BOOK**

*Good Health  
and Vitality  
Through  
Essential  
Breath Work*

A practical guide to improving concentration, deepening relaxation, and work skills

**DONNA FARHI**  
Copyrighted material



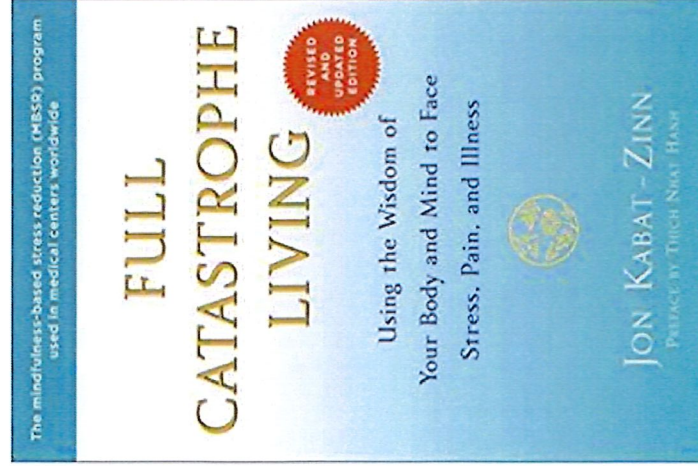
**BREATHE BETTER**

*A user friendly guide to banishing  
stress, improving chronic pain, and  
bettering you health with the power  
of breathing.*

**Eric Christensen, PT, DPT**

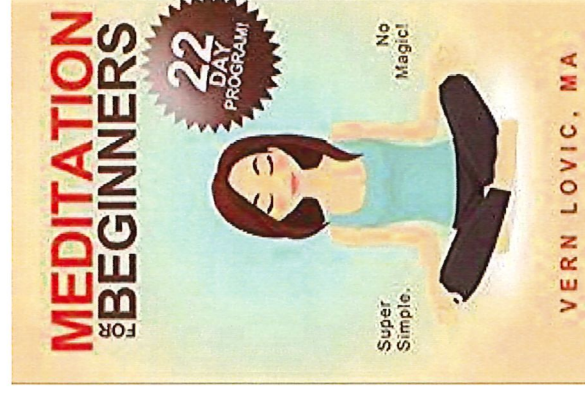
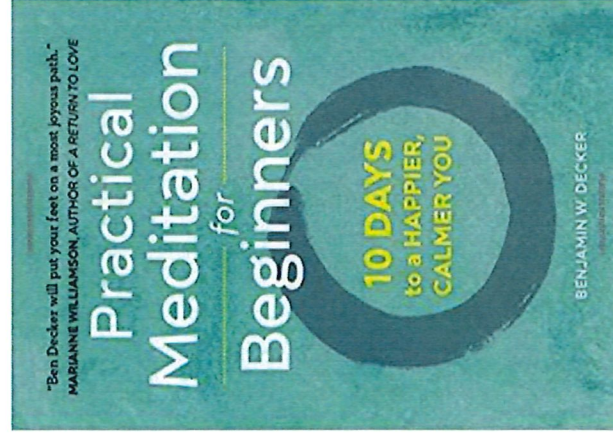


# Mindfulness Based Stress Reduction Print and Electronic Resources



Widely available in print and electronic form  
Cost \$15 to \$20 each

## Meditation Print and Electronic Resources



Widely available in print and electronic form  
Cost \$5 to \$10 each

## Subscription Meditation Mobile App

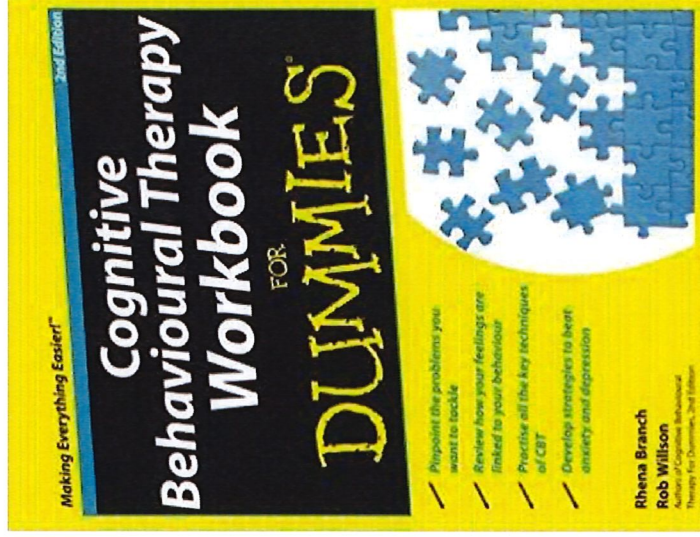
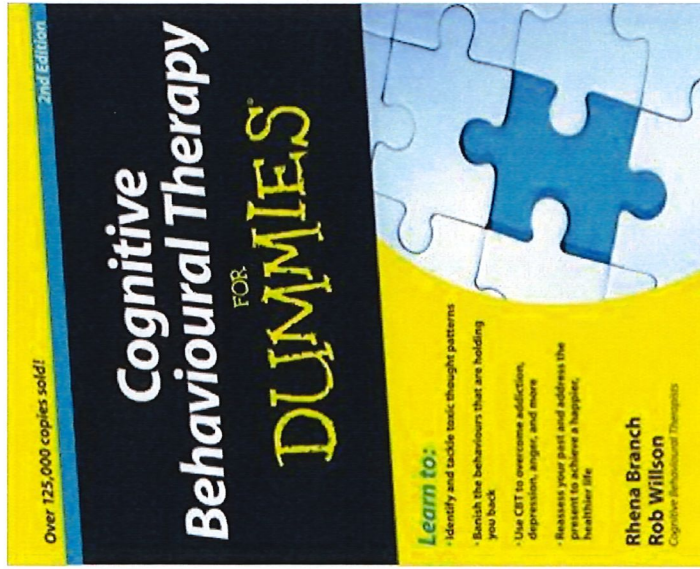


# HEADSPACE

Recommended by Pospos, Young, Downs, Iglewicz,  
Depp, Chen, Newton, Lee, Light & Zisook, 2017

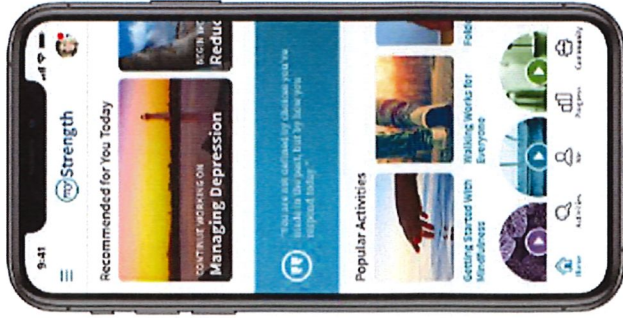
Cost: \$50 to \$100 per year

## CBT Print and Electronic Resources



Widely available in print and electronic form  
Cost \$15 to \$20 each

## Subscription CBT Mobile App: myStrength

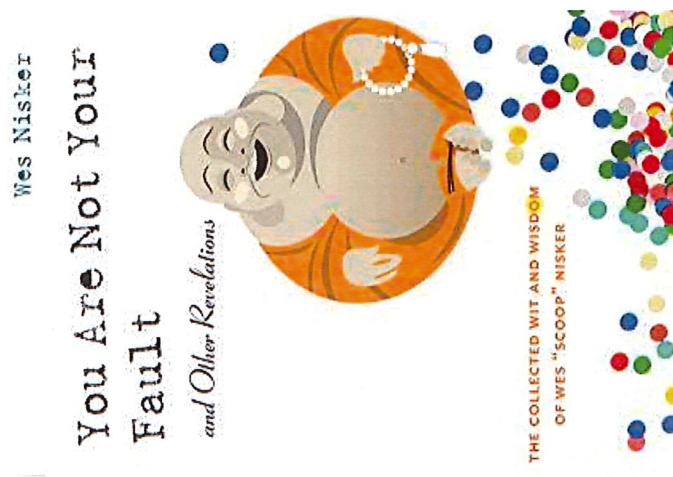
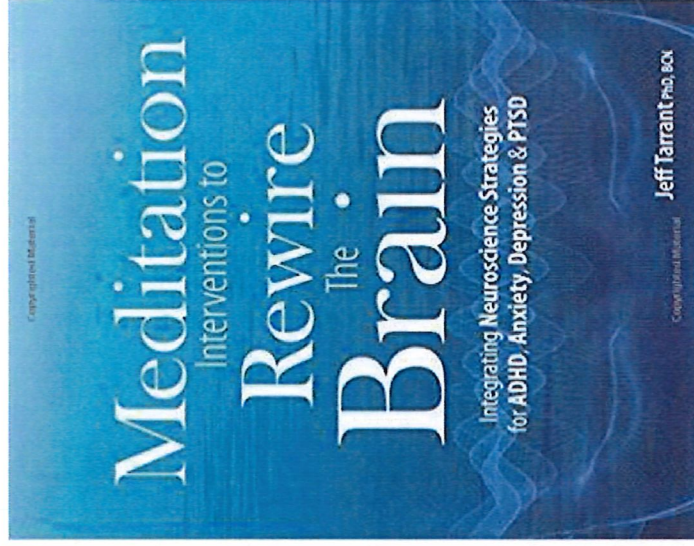
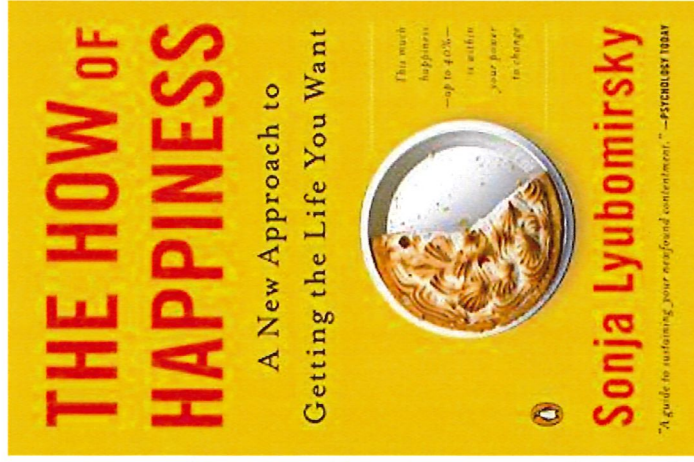
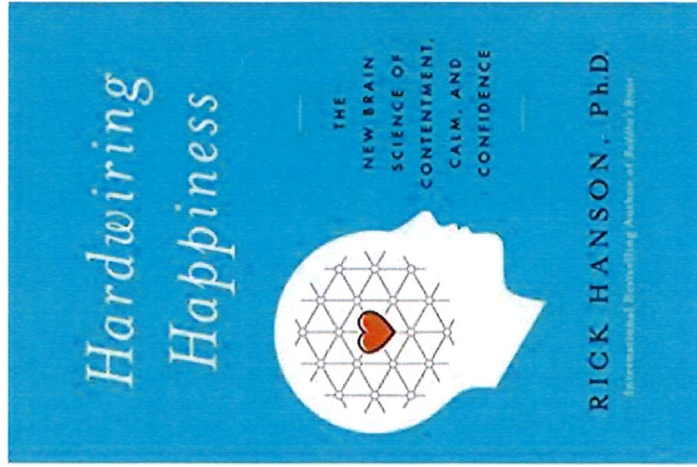


myStrength combines the broadest range of evidence-based models with the most contemporary user design to offer a unique consumer experience.

Highly interactive, individually–tailored applications empower users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole person health.

<https://mystrength.com/mobile>

## Increasing Positive Emotions Print and Electronic Resources



Widely available in print and electronic form  
Cost \$10 to \$20 each

## If You are Serious

- CBT: Call Beacon for a mental health referral to an experienced CBT therapist, 808-695-7726
- Mindfulness Based Stress Reduction
  - In person MBSR courses are available on Oahu through several instructors and cost in the \$200 range
  - On line MBSR Courses are available from multiple vendors and cost in the \$200 range (<https://www.soundstrue.com/store/mbsr-course>).
- Mindful Hawaii has monthly community meetings

