Done regularly, these simple methods can have powerful benefits, relieving stress & benefiting stress-related conditions like anxiety and depression, and many physical illnesses or injuries.

***Guided Imagery Practices***

**Health Journeys** [www.healthjourneys.com](http://www.healthjourneys.com)

Offers CDs and mp3 files of audio guided visualization / relaxation training exercises for a wide range of medical and psychological issues. The sites offers free resources, including samples and brief reviews of current research on the benefits of imagery and similar treatments.

A free selection of HJ guided imagery podcasts to stream or download is available at Kaiser’s Health & Wellness Podcasts [www.kp.org/listen](http://www.kp.org/listen) Topics include:

|  |  |  |
| --- | --- | --- |
| Healthy Sleep | Pain control | Anger |
| Anxiety and/or Panic | Smoking cessation | Grief |
| Stress | Self-confidence (good for test or performance anxiety) | |

**Integrative Restoration Institute** [www.irest.us/projects/irest](http://www.irest.us/projects/irest)

Based on a deep relaxation practice called Yoga Nidra, iRest is useful for stress, anxiety, insomnia and trauma, and is included on the Department of Defense’s listing of evidence-based interventions for PTSD. A free audio of an iRest practice is located on the right side of the page at the link above.

***Mindfulness***

**MARC – UCLA’s Mindfulness Awareness Research Center** [www.marc.ucla.edu](http://www.marc.ucla.edu)

Meditations and breathing practices to relax and promote calm alertness with free mp3 files to stream or download. Great for overall health, pain management, depression, ADHD and anxiety problems.

[www.mindfulness-adhd.com](http://www.mindfulness-adhd.com) Information about the Mindful Awareness Program for ADHD, originally developed at MARC.

**UCSD Center for Mindfulness**

<http://health.ucsd.edu/SPECIALTIES/MINDFULNESS/MBSR/Pages/audio.aspx>

Guided audio practices for Mindfulness Based Stress Reduction (MSRB). Longer (10 to 45 minutes) body scan and meditation practices, typically used in MSRB training. MSRB is a behavioral medicine program developed by Dr. Jon Kabat-Zinn at U Mass Medical School using mindfulness to help people cope with stress and chronic illness.

***Meridian Tapping / Energy Psychology***

**Emotional Freedom Techniques** [www.eftuniverse.com](http://www.eftuniverse.com)

EFT is a body-mind approach which involves tapping points on the face and body along the same meridians used for acupuncture. Safe and effective, it can be done by a counselor or self-administered.