

## Resources to Train Your Brain and Manage Your Stress

Check out these free activities and exercises that work:

- Free, complete online Mindfulness-Based Stress Reduction (MBSR) training program, developed by an expert MBSR teacher and clinician: <https://palousemindfulness.com/>
- 25 Mindfulness-Based Stress Reduction Exercises and Courses: <https://positivepsychologyprogram.com/mindfulness-based-stress-reduction-mbsr/>
- Learned Happiness: Short online self-learning guide: <http://www.learnedhappiness.com>
- "Managing Stress & Anxiety: ULTIMATE GUIDE (Audiobook)" on YouTube – very useful for those with extreme anxiety: <https://youtu.be/2lc0ghOghA0>
- "Creating Your Personal Stress-Management Plan": download from HealthyChildren.org, the American Academy of Pediatrics website for parents
- Check out apps like Calm and HeadSpace

Also remember:

- It's ok to say "no," or ask for an extension, or ask for help.
- Get enough sleep! DON'T look at electronic screens for at least an hour before bedtime – but DO listen to wave sounds or a meditation program to help you relax in bed.
- Exercise is proven to work as well as antidepressants for most people – and it has lots of other benefits for your body and longevity, plus no side effects!
- What you eat (and what you don't eat) has a major effect on your mental health. Look for mood-boosting foods and avoid too much sugar or alcohol.
- Take at least a few minutes each day outdoors in natural daylight.
- You're never too busy to enjoy the company of others, whether it's calling a friend, chatting with a stranger as you wait in line, or having coffee with a colleague. Laugh about something together!
- Count your blessings: Each day, make time to think gratefully about something you accomplished, whether big or small; or about a person who made a good impression on your life (a favorite teacher, long-lost friend, or pleasant barista); or a random occurrence that led you down a path that you wouldn't otherwise have gone. Enjoy those memories!

You don't have to do all these things or do them for a long time each day. Try building in just 5 or 10 minutes every day to do one extra thing that helps you relax or feel happier. You're off to a great start!