



Library Guide Hot Topic Selected Stress Reduction Resources

Introduction

This handout invites you to explore selected techniques which can result in your personal experience of stress reduction. According to Benson & Stuart (1993), the relaxation response that helps to alleviate stress can be elicited by engaging in any of the following: diaphragmatic breathing, meditation, body scan, mindfulness, repetitive exercise, repetitive prayer, progressive muscle relaxation, yoga stretching, or imagery (p. 37). These “techniques have two basic components: the first is repetition of a word, sound, phrase, prayer, image, or physical activity; the second is the passive disregard of everyday thoughts when they occur during relaxation” (Benson & Stuart, 1993, p. 37).

Choosing a Technique

Please note that “different approaches to relaxation have quite different effects, work for different people, and are good for different problems” (Smith, 2002, p.42). Examine the book by Butera or the work by Levey & Levey for assistance with choosing the right technique, given your lifestyle or current situation. The Library’s Online Catalog is also available at <http://resources.tai.edu:7195/webopac/main?siteid=TSophia> and can be used to locate even more resources. Article records on the topic of stress reduction, as indexed with the subject term “relaxation therapy” from PubMed Customized by Sherman Cohn Library, are available from an RSS Feed on the Library’s Current Articles page at <http://www.muih.edu/campus-community/about-campus/sherman-cohn-library/current-articles>

Books & Ebooks

Library Call Number or URL

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|---|---------------------|
| Altman, D. (2010). <i>The mindfulness code: Keys for overcoming stress, anxiety, fear, and unhappiness</i> . Novato, CA: New World Library. | BF575.S75A48 2010 |
| Benson, H. & Stuart, E.M. (1993). <i>The wellness book: The comprehensive guide to maintaining health and treating stress-related illness</i> . New York, NY: Simon & Schuster. | RA785.W45 1993 |
| Budd, M. (2000). <i>You are what you say: The proven program that uses the power of language to combat stress, anger, and depression</i> . New York, NY: Three Rivers Press. | BF697.5.S47B83 2000 |
| Butera, R. (2012). <i>Meditation for your life: Creating a plan that suits your style</i> . Woodbury, MN: Llewellyn Publications. | BL627 .B88 2012 |
| Hoffmann, D. (1991). <i>An herbal guide to stress relief: Gentle remedies and techniques for healing and calming the nervous system</i> . Rochester, VT: Healing Arts Press. | BF575.S75H63 1991 |
| Levey, J. & Levey M. (1994). <i>The fine arts of relaxation, concentration, and meditation: Ancient skills for modern minds</i> . Boston, MA: Wisdom Publications. | BF637.S8L447 1994 |

- Moss, C.A. (2009). *The adaptation diet: The complete prescription for reducing stress, feeling great, and protecting yourself against obesity, diabetes, and heart disease*. New York, NY: iUniverse. RC662.M85 2009
- Moss, C.A. (2010) *Power of the five elements: The Chinese medicine path to healthy aging and stress resistance*. Berkeley, CA: North Atlantic Books. RA785.M685 2010
- Orman, M.C. (1991). *The 14-day stress cure: A new approach for dealing with stress that can change your life* (1st.ed). Houston, TX: Breakthru Publications. BF575.S75O755 1991
- Schar, D.D. (1994). *Dump your stress in the compost pile: Stress reduction through gardening*. Washington, DC: Elliot & Clark Publishing. RM735.7.G37 1994
- Seaward, B.L. (1997). *Stand like mountain flow like water: Reflections on stress and human spirituality*. Deerfield Beach, FL: Health Communications. BL624.S423 1997
- Siegel, D.J. (2010). *Mindsight: The new science of personal transformation*. New York, NY: Bantam. RC489.M5S5 2010
- Tiltman, C., & Adler, A. (2003). *Yoga*. Available from <http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=134938&site=ehost-live> * See EBSCO Permalink in entry on left *

Audio & Video

Library Call Number or URL

- Dow, M. (2009). *Yoga nidra: Deep relaxation with Ramdas* [CD]. Sea Bright, NJ: Brahma Yoga. CD 167
- Harvard Center for Wellness and Health Communication (n.d.). *Virtual Relaxation Room*. Retrieved from <http://huhs.harvard.edu/assets/File/OurServices/CWHCrelex.html> ← See URL
- Seaward, B.L. (2004). *Managing stress / soul moments: A relaxation CD* [CD]. Sudbury, MA: Jones & Bartlett. CD 233 [2 disks]
- Trustees of Dartmouth College (2011). *Relaxation Downloads*. Retrieved from <http://www.dartmouth.edu/~healthed/relax/downloads.html> ← See URL
- Weil, A. (2005). *Dr. Andrew Weil's mind body tool kit* [CD]. Boulder, CO: Sounds True. CD 231 [2 disks]

References

- Benson, H. & Stuart, E.M. (1993). *The wellness book: The comprehensive guide to maintaining health and treating stress-related illness*. New York, NY: Simon & Schuster.
- Smith, J.C. (2002). *Stress management: A comprehensive handbook of techniques and strategies*. Available from http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=246308&site=ehost-live&ebv=1&ppid=pp_248 *

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