

Online Resources: Complementary & Alternative Methods for Stress Relief and Anxiety

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

Health Journeys 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.

Kaiser Permanente Podcast links to a selection of free Health Journeys guided imagery recordings, including aid for insomnia, anxiety/panic, self-confidence and stress. Click on 'podcasts' & download the mp3 files.

Integrative Restoration Institute 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.

Free Guided Meditations | UCLA Mindful Awareness Research Center free downloadable/streaming mp3 files of meditations. Simple, straightforward, and effective for anxiety/stress of any kind, as well as improving your concentration and focus. <http://marc.ucla.edu/body.cfm?id=22>

UCSD Center for Mindfulness [MBSR Guided Audio & Video Exercises - UC San Diego Health System](http://health.ucsd.edu/SPECIALTIES/MINDFULNESS/PROGRAMS/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.

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

UCR Pod Bean Spend some time relaxing to enhance your daily life and productivity

<http://ucrcounselingcenter.podbean.com/>

Tools

USU - Academic Resource Center Utah State University's Academic Resource Center's website has excellent interactive tutorials on test anxiety and how to learn from a returned exam paper. Also see the "[Idea Sheets](#)" for various study strategies, the National Student Exchange and an Online Learning Center with a zillion links.

VARK -- A Guide to Learning Styles Not about anxiety per se, but a very useful overview of 'learning preference', using the VARK model of "Visual, Aural, Read-write or Kinesthetic". Online assessment & strategies for learning, studying and test-preparation. <http://vark-learn.com/home/>

UCI Coach's Corner Anticipating Anxiety <https://www.youtube.com/watch?v=DL6-MsREbsM>

Stress Management <https://www.youtube.com/watch?v=8ifEab9Uy5Q>

SCC Health & Wellness Center [Psychological Services](#)

SCC Disabled Students Programs & Services [Testing Accommodations](#)