

RESOURCES

Cope Network – copenetwork.org
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Mindfulness

7 Great Benefits of mindfulness - <https://positivepsychology.com/mindfulness-positive-psychology-3-great-insights/>

Mindful Based Stress Reduction <https://palousemindfulness.com/>

Breath Work

Stress Management: Breathing exercises for stress reduction
<https://www.uofmhealth.org/health-library/uz2255>

Relaxation techniques: Breath control helps quell errant stress response
<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

Emotional Freedom Technique

Gold Standard EFT - <https://www.emofree.com/eft-tutorial/eft-tapping-tutorial.html>

EFT International – Manual <https://eftinternational.org/wp-content/uploads/EFT-International-Free-Tapping-Manual.pdf>

Meditation

Headspace - <https://www.headspace.com/meditation/stress>

Tara Brach – Guided meditations <https://www.tarabrach.com/guided-meditations/>

Yoga

Yoga Stress Reduction with Adriene - <https://youtu.be/zbtKeeAa-Y>

Benefits of yoga for stress reduction - <https://www.verywellmind.com/the-benefits-of-yoga-for-stress-management-3145205>

Progressive Relaxation

Progressive Relaxation Technique U of M <https://www.uofmhealth.org/health-library/uz2225>

Benefits of Progressive Relaxation <https://www.uofmhealth.org/health-library/uz2225>