



Covington & Hafkin

Mind-Body Resources

Web sites:

Benson-Henry Institute for Mind Body Medicine: <http://www.massgeneral.org/bhi>

Capital Qigong: <http://www.capitalqigong.com>

Center for Mind-Body Medicine: <http://www.cmbm.org>

Center for Mindfulness: <http://www.healthjourneys.com>

Insight Meditation Community of Washington: <http://www.imcw.org>

Insight Meditation Society: <http://www.dharma.org>

Mindfulness Meditation Practice: <http://www.mindfulnessstapes.com>

National Center for Complimentary and Alternative Medicine:

<http://nccam.nih.gov/health>

Guided Imagery CDs and Downloads: <http://www.healthjourneys.com>

Books:

Benson, H. and Stuart, E.M., *The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness* (Scribner, 1993)

Goleman, D. , *Mind Body Medicine: How to Use Your Mind for Better Health* (Consumer Reports Books, 1998)

Hamilton, M., *Serenity To Go: Calming Techniques for Your Hectic Life* (New Harbinger Publications, Inc., 2001)

Kabat-Zinn, J., *Full Catastrophe Living* (Delta, 1990)

Klipper, M. & Benson, H., *The Relaxation Response* (William Morrow Paperbacks, 2000)

McKay, M., Davis, Robbins Eshelman, E., & Davis, M.D., *The Relaxation & Stress Reduction Workbook (5th Ed.)* (New Harbinger Publications, Inc., 2008)

Page, C. & Hagenbach, K., *Mind Body Spirit Workbook / A Handbook of Health* (C.W. Daniel Co. Ltd., 1999)

CDs – Guided:

Berlin, Jan:

Gateway of the Heart
Healing Light

Chiarella, Gael:

Meditations for Emotional Freedom
A.M. Yoga Meditations
P.M. Yoga Meditations

Creative Living Publishing:

By The Sea

Living In Light

DeePak Chopra:

The Soul of Healing Meditations

Chakra Balancing: Body, Mind & Soul

Naperstack, Belleruth (has some CDs related to infertility)

<http://www.healthjourneys.com>

Shinal, Amy: *Relax & Renew: Guided Stress Management Exercise*

APPS for iPhones/Android--3 Mobile Apps Help You Relax:

Everyone experiences stress at times. The demands of life can be overwhelming, and the unique challenges common to infertility adds even more pressure. In addition to external factors that can lead to stress (job demands, relationship difficulties, increased family responsibilities, financial issues), it's important to know that stress can be self-generated (negative self-talk, unrealistic expectations, always needing to be in control, seeking perfection). Whatever might be causing you stress there are steps you can take now to help reduce its harmful effects on your emotional and psychological health. Keeping that in mind, here are three mobile apps from National Center for Telehealth and Technology (T2) to help you manage and cope with stress effectively:

1. Identify and track stress with "T2 Mood Tracker"

Understanding your stress is easier when you identify triggers contributing to feelings of stress and anxiety. With the "T2 Mood Tracker" app, you can monitor, track and reference your moods and behaviors throughout a period of time, allowing you to see how environmental influences and life stress may be impacting your psychological health. Unique features make it easy to keep a record of your emotional experience for your own awareness, or to share with your therapist or health care provider. "T2 Mood Tracker" is available for Apple and Android devices.

2. Release stress with "Breathe2Relax"

Deep breathing releases the stress from your body because it helps activate the body's relaxation response. The "Breathe2Relax" app demonstrates and guides you through a series of breathing practices to help you physically calm yourself, providing relief for stress, tension and anxiety when you're in stressful situations. Practice the exercises regularly on their own or in tandem with clinical care directed by your health care provider. "Breathe2Relax" is available for Apple and Android devices.

3. Manage stress with "Tactical Breather"

Gaining control over your mental and physical responses to stress is eased through breathing techniques taught in the "Tactical Breather" app. This customizable stress management tool introduces you to the benefits of controlled breathing through tutorial and guided exercises. Primarily created for service members during intense combat situations, the app teaches you how to gain control of your heart rate, emotions, concentration, and other psychological and physiological responses to your body during any challenging situation in life. "Tactical Breather" is available for Apple and Android devices.