

STRESS MANAGEMENT



Breathing for stress management:

[Breathing with Dr. Jo](#)

[1:2 breathing](#)

[Stress Management: Breathing Exercises for Relaxation,](#)

[from the University of Michigan](#)

[Belly breathing](#)

[Box breathing](#)

[Breathing meditations \(link 1\)](#) [\(link 2\)](#) [\(link 3\)](#)

Other techniques backed by research:

Emotional Freedom Technique

(see EFT guide on main resource page)

Progressive Muscle Relaxation ([PMR](#))

Relaxation Response ([RR](#))

Guided Imagery ([GI](#)) ([GI for kids](#))

More information:

[Harvard Health](#)

[National Institute of Mental Health](#)

[Cleveland Clinic](#)

[Stress management and teens](#)

University of Maryland - [Managing Stress and Anger](#)

If you are struggling with managing stress, please feel free to email me at christa@cocumelliwellnesscollective.com to chat.