

Relaxation Tools for Adults

1. Mindfulness: to increase awareness of thoughts, emotions, or physical body sensations that come before the symptoms of stress. Helps get to the root of the problem.
 - ♦ Wherever You Go, There You Are, Jon Kabat-Zinn
 - ♦ Guided Mindfulness Meditation, Jon Kabat-Zinn
 - ♦ The Mindfulness and Acceptance Workbook for Anxiety, John Forsyth
2. Positive Thinking: thought tracking to free from negative thinking.
 - ♦ Mind Coach, Dr. Daniel Amen
 - ♦ When Panic Attacks: The new, drug free anxiety therapy that can change your life, David Burns
 - ♦ Emotional Freedom: Liberate yourself from negative emotions and transform your life, Judith Orloff
3. Books that build skills and inspire.
 - ♦ The Anxiety and Phobia Workbook, Edmund Bourne
 - ♦ Being Peace, Thich Nhat Hanh
 - ♦ The Happiness Trap, Russ Harris
 - ♦ Social Intelligence: The new science of human relationships, Daniel Goleman
 - ♦ Positive Energy, Judith Orloff
 - ♦ Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance, Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley
4. Create relaxation rituals: Ex. Bedtime bath, soft blanket, affirmations book or write one thing you are grateful of today, lavender pillow, music, etc.
 - ♦ Indigo Dreams: Adult Relaxation-Guided Meditations/Relaxation by Lori Lite
 - ♦ The Mindfulness Based Stress Reduction Workbook, Stahl and Goldstein
 - ♦ Mayo Clinic Wellness Solutions for Insomnia, DVD
 - ♦ Canyon Trilogy: Native American Flute Music, R.Carlos Nakai
5. Be connected with your emotions. Create tools for expression of emotions:
Ex. anger –scream in a pillow, hit a pillow, stomp on the basement floor, squeeze/release your feet or your whole body, dance, take deep breathes; sad – ask for a hug, pet the dog, wrap yourself in a blanket, draw, write, talk
 - ♦ Meeting the Dragon: Ending our suffering by entering our pain, Robert Augustus Masters
 - ♦ Emotional Intelligence: 10th Anniversary Edition, Daniel Goleman
6. Yoga Awareness /Physical Release of Stress
 - ♦ Yoga for Depression and Anxiety DVD, Ryder and Isreal
 - ♦ Yoga for Stress Relief, Barbara Benagh
 - ♦ Thera-Flex Therapy Putty - 1 lb by Thera-Flex
7. Relaxation CDs: teaching self-soothing to reduce the need for movement/chatter to soothe, or adrenaline rushing activities.
 - ♦ Indigo Dreams: Adult Relaxation-Guided Meditations/Relaxation by Lori Lite
 - ♦ Letting Go of Stress, Halpern and Miller
 - ♦ Self-Healing with Guided Imagery, Andrew Weil