

RESOURCES

FOLLOW-UP FROM DAY ONE – BREATHING EXERCISES:

Andrew Weil, MD:

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

Cleveland Clinic:

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

Healthline:

<https://www.healthline.com/health/box-breathing#hold-your-breath-again>

University of Michigan Health System:

<https://www.uofmhealth.org/health-library/uz2255>

SEEKING PROFESSIONAL ASSISTANCE:

Psychology Today: Find a Therapist

<https://www.psychologytoday.com/us/therapists>

National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

MOBILE APPS:

Headspace

<https://www.headspace.com/>

Calm

<https://www.calm.com/>

COVID Coach

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

ONLINE RESOURCES:

Sleep Education (AASM)

<http://sleepeducation.org>

American Sleep Association

<https://www.sleepassociation.org>

National Sleep Foundation

<https://www.thensf.org>

National Institute of Health

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health>

PMR EXERCISES:

Anxiety Canada:

<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

University of Michigan Health System:

<https://www.uofmhealth.org/health-library/uz2225>

Very Well Mind:

<https://www.verywellmind.com/how-do-i-practice-progressive-muscle-relaxation-3024400>