

Resources to help cope during stressful times

https://greatergood.berkeley.edu/article/item/how_to_keep_the_greater_good_in_mind_during_the_coronavirus_outbreak



How to Keep the Greater Good in Mind During the...

Scroll To Top How to Keep the Greater Good in Mind During the Coronavirus Outbreak In the midst of our panic around COVID-19, we must look to each other to help us get through it.
greatergood.berkeley.edu

https://ggia.berkeley.edu/practice/body_scan_meditation?_ga=2.52104684.414377963.1584170575-628884019.1584170575



Body Scan Meditation (Greater Good in Action)

Feeling tense? Feel your body relax as you try this practice.
ggia.berkeley.edu

<https://www.rickhanson.net/train-brain-anxiety-security/>



Train Your Brain: From Anxiety to Security

The Frontal Lobes and their relationship to the Hypothalamic-Pituitary-Adrenal Axis. There's a wonderful book by Robert Sepolsky at Stanford called Why Zebras Don't Get Ulcers. The zebra's H-P-A axis is activated when the lion jumps out of the bush, but 30 seconds later the zebra has successfully run away and is very comfortably, very parasympathetically, eating and digesting grass down ...

www.rickhanson.net

<https://www.rickhanson.net/a-meditation-for-feeling-as-safe-as-you-reasonably-can/>

RICK HANSON, PH.D.
Resources for Happiness, Love, and Wisdom

[A Meditation for Feeling As Safe As You Reasonably Can - Dr.](#)

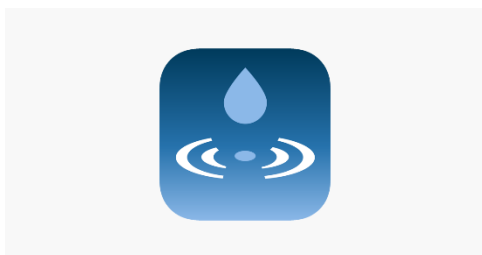
[Rick Hanson](#)

A 5-minute meditation to feel calm and strong when faced with stress, threats, or anxiety.

www.rickhanson.net

Meditation apps:

<https://apps.apple.com/us/app/ucla-mindful/id1459128935?ls=1>



[UCLA Mindful](#)

With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, cultivate positive emotions,...

apps.apple.com

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>



[Five Free Mindfulness Apps Worthy of Your Attention](#)

Available for iOS, Android, and web. Entry price: Free. Smiling Mind hits the sweet spot for a free mindfulness app in so many ways. The app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice.

www.mindful.org

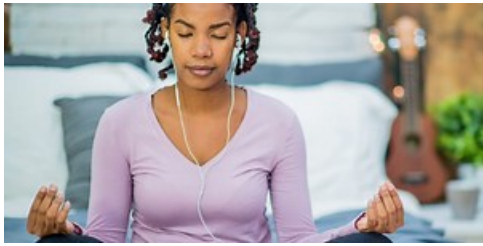
<https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.stress-management-relaxing-your-mind-and-body.uz2209>

[Stress Management: Relaxing Your Mind and Body | Kaiser Permanente](#)

Looks at how relaxing your mind and body can relieve stress, anxiety, or depression. Offers how-to tips, including practicing mindful meditation, using guided imagery, yoga, or massage. Includes interactive tool to test what you've learned.

healthy.kaiserpermanente.org

<https://wa-health.kaiserpermanente.org/best-meditation-apps/>



[Best Meditation, Relaxation & Mindfulness Apps - 14 Reviews | Kaiser Permanente Washington](#)

Best meditation, mindfulness, and awareness apps for iPhone and Android reviewed. Find the right tool to help you manage stress and become more centered.

wa-health.kaiserpermanente.org

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



[Meditation and Sleep Made Simple - Headspace](#)

From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music, and other unique audio experiences.

www.headspace.com

<https://www.calm.com>



[Calm - The #1 App for Meditation and Sleep](#)

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life

www.calm.com

UCSF Health Resource: Faculty and Staff Assistance Program:

<https://hr.ucsf.edu/hr.php?org=c&AT=cm&S=Faculty+and+Staff+Assistance>