



# Stress

Relieving Mantra

TOP RESOURCE REPORT



**Say Goodbye to Stress**  
Anxiety, and Tension by Incorporating  
Healthier Lifestyle Changes in Your Life!



- ✓ <https://www.youtube.com/watch?v=CWmkJpiTQ-4>
- ✓ <https://www.youtube.com/watch?v=Vq9yT-QOPTU>
- ✓ <https://www.youtube.com/watch?v=3-F30vUCMYw>
- ✓ <https://www.youtube.com/watch?v=neOPqZH-9Wc>
- ✓ <https://www.youtube.com/watch?v=JucMATx4Sqc>
- ✓ [https://www.youtube.com/watch?v=\\_3u39hJBQ6w](https://www.youtube.com/watch?v=_3u39hJBQ6w)
- ✓ <https://www.youtube.com/watch?v=DLE1tXwre9Q>
- ✓ <https://www.youtube.com/watch?v=87saYEfz8IU>
- ✓ <https://www.youtube.com/watch?v=AHaEVbDkTfk>
- ✓ <https://www.youtube.com/watch?v=C6dqd5MYs68>

## Tools

- ✓ <https://kidshealth.org/en/parents/stress-coping.html>
- ✓ <https://www.heartmath.com/blog/tools-tips-articles/what-you-need-to-know-about-stress/>
- ✓ <https://cx.uhc.com/content/cex-consumer/health-library/en/wellness/stress-management/relax-101/0475-3C-internal-and-external-stress.html>
- ✓ <https://www.stress.org/stress-effects>
- ✓ <https://www.verywellmind.com/physical-symptoms-of-anxiety-1393151>
- ✓ <https://www.healthline.com/health/high-cortisol-symptoms>
- ✓ <http://www.yourhormones.info/hormones/cortisol/>
- ✓ <https://www.thejobnetwork.com/10-ways-to-reduce-stress-at-work/>
- ✓ <https://www.everydayhealth.com/healthy-living/fitness/9-exercises-stress-relief/>
- ✓ <https://food.ndtv.com/food-drinks/6-natural-herbs-for-anxiety-to-calm-you-down-1674389>

## Training

- ✓ <https://www.apa.org/helpcenter/manage-stress>
- ✓ [https://www.aacap.org/aacap/families\\_and\\_youth/facts\\_for\\_families/fff-guide/helping-teenagers-with-stress-066.aspx](https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/helping-teenagers-with-stress-066.aspx)
- ✓ <https://www.webmd.com/baby/features/stress-marks#1>
- ✓ <https://health.clevelandclinic.org/how-stress-can-make-you-eat-more-or-not-at-all/>



- ✓ <https://www.dummies.com/health/mental-health/stress-management/use-coping-self-talk-to-reduce-worry-and-stress/>
- ✓ <http://www.stresshack.com/positive-thinking.html>
- ✓ <https://www.webmd.com/goo/balance/stress-management/video/beat-stress-with-positive-self-talk?i10c.ua=1&i10c.encReferrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8%3d&i10c.dv=16>
- ✓ <https://www.verywellmind.com/practice-5-minute-meditation-3144714>
- ✓ <https://www.coachingpositiveperformance.com/11-behavioural-symptoms-of-stress/>

## Blogs

- ✓ <https://www.positivityblog.com/how-to-deal-with-stress/>
- ✓ <https://truestressmanagement.com/how-to-feel-less-stressed/>
- ✓ <https://www.mentalhelp.net/blogs/managing-the-stress-of-your-everyday-life/>
- ✓ <https://www.naturalstacks.com/blogs/news/4-different-types-of-stress>
- ✓ <https://online.csp.edu/blog/business/understanding-work-stress>
- ✓ <https://expectful.com/blog/what-you-should-know-about-stress-during-pregnancy/>
- ✓ <https://www.realbuzz.com/articles-interests/health/article/the-signs-and-symptoms-of-stress/>
- ✓ <https://www.refinery29.com/en-us/stress-eating-anxiety-help>
- ✓ <https://monq.com/eo/stress/3-oils-managing-stress/>
- ✓ <http://blog.naturalhealthyconcepts.com/2016/10/21/diet-stress-management/>

## Forums

- ✓ <https://www.youth4work.com/Talent/Stress-Management/Forum>
- ✓ <https://theforum.sph.harvard.edu/events/managing-stress/>
- ✓ <https://community.dpgplc.co.uk/human-resources/stress-management>
- ✓ <https://www.weforum.org/agenda/2017/07/how-parents-can-help-their-children-combat-stress>
- ✓ <https://www.beyondblue.org.au/get-support/online-forums/anxiety/work-stress-FFC9909FEE63>
- ✓ <https://www.spine-health.com/forum/discussion/54940/mind-body-and-spirit/depression-and-coping/50-common-signs-and-symptoms-stress>



- ✓ <https://www.apoe4.info/forums/viewtopic.php?t=1115>
- ✓ <https://psychcentral.com/lib/beating-stress-through-nutrition/>

## Infographics

- ✓ <https://www.happify.com/hd/beat-stress-and-boost-happiness-infographic/>
- ✓ <https://visual.ly/community/infographic/health/6-frightening-facts-about-stress>
- ✓ <https://www.nowfoods.com/now/nowledge/infographic-ease-stress-essential-oils>
- ✓ <http://www.mentalhealthamerica.net/conditions/infographic-how-deal-stress-and-anxiety>
- ✓ <https://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/>
- ✓ <https://gethppy.com/hr-infographics/managing-work-related-stress>
- ✓ <https://tmhome.com/benefits/pregnancy-stress-meditation-infographic/>
- ✓ <https://online.jefferson.edu/behavioral-and-health-services/effects-of-stress-on-the-human-body/>



[Click Here to Grab Stress Relieving Mantra HD Training Video](#)