|  |  |
| --- | --- |
| **Minor Award Name** | **Relaxation Techniques** |
| **Minor Award Code** | **M2H21** |
| **Level** | **2** |

**Suggested resources to support delivery:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Benefits of relaxation | Website | Relaxation techniques: Self-help steps to reduce stress and increase relaxation.Website covers simple explanations of:* Benefits of relaxation
* Explanation of different relaxation techniques
* Relaxation as a skill that needs practice
 | Mayo Clinic | <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368?pg=1> |
| Website | Practising relaxation techniques can have many benefits, including:* Slowing heart rate
* Lowering blood pressure
* Slowing your breathing rate
* Improving digestion
 | Mayo Clinic | <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368> |
| Website pictureboard  | Visual discussion prompts and reading texts:10 Health Benefits Of Relaxation | [Sarah Klein](https://www.huffingtonpost.com/author/sarah-klein) | <http://www.huffingtonpost.com/2014/08/14/stress-awareness-day-relaxation-benefits_n_1424820.html> |
| Effects of stress on relationships & related coping mechanisms  | Website | Is Stress Hurting Your Relationship?  | Daily Burn[Laura Newcomer](http://dailyburn.com/life/author/laura-newcomer/) | <http://dailyburn.com/life/lifestyle/relationship-stress-management-tips/> |
| Website | 11 Ways To Keep Stress From Hurting Your Marriage | [Margaret Wheeler Johnson](https://www.huffingtonpost.com/author/margaret-wheeler-johnson) | <http://www.huffingtonpost.com/2013/08/19/11-ways-to-keep-stress-from-hurting-your-marriage_n_3756436.html> |
| Website | How couples can de-stress and improve relationships | [Margarita Tartakovsky](https://psychcentral.com/lib/author/margarita/) | <https://psychcentral.com/lib/how-couples-can-help-each-other-de-stress-and-improve-their-relationship/> |
| Effects of stress on educational performance in adults & coping mechanisms, non-traditional learners | Websites | [3 ways stress negatively effects student performance](https://fosteredu.pennfoster.edu/3-ways-stress-negatively-affects-student-performance):* Sleep quality
* Anger
* Poor grades
 | [Douglas Carlson](https://fosteredu.pennfoster.edu/author/douglas-carlson) | <https://fosteredu.pennfoster.edu/3-ways-stress-negatively-affects-student-performance> |
| Stress relief for adults returning to education | [Deb Peterson](https://www.thoughtco.com/deb-peterson-31017) | <https://www.thoughtco.com/back-to-school-tips-for-adults-31451> |
| Stress Management Group Activities | [Amy Guertin](http://lovetoknow.com/member/8349~amy-guertin) | <http://stress.lovetoknow.com/stress-management-techniques/stress-management-group-activities> |
| Five Top Tips for Adults Returning to Education | Transforming Lives Through Adult Learningwww.aontas.com | <http://www.aontas.com/blog/2014/08/20/five-top-tips-for-adults-returning-to-education/> |
| PDF | Stress and the adult literacy learner.Coping strategies of older learners in home, work and social contexts. Title:It’s never too late to learn: A study of older literacy students in Dublin.See Chapter 5-Coping strategies | NALA | <https://www.nala.ie/sites/default/files/publications/It%27s%20never%20too%20late%20to%20learn%20-%20a%202008%20study%20of%20older%20literacy%20students%20in%20Dublin_1.pdf> |
| Video & reading text | Managing study stress | Reach Out | <http://ie.reachout.com/inform-yourself/money-work-and-study/exams/managing-exam-stress/> |
| Stress - Causes and symptoms | Website | Reading text - Identifying causes of stress:* Common Physical Symptoms of Stress
* Common Emotional, Behavioural, and Cognitive Symptoms of Stress
* YOUR stress symptoms (See below link for worksheet )
 |  |  |
|  | PDFWorksheets | These stress management worksheets help you identify causes of stress, find healthy coping skills to deal with stress, and find ways to take care of the self physically and emotionally to better withstand stress.* Causes
* Symptoms
* Coping skills and habits
* Changing situations
 | By Ann Pietrangelo and Stephanie Watson | <http://www.healthline.com/health/stress/effects-on-body> |
| Tense or relaxed? | Picture based tasksheet | Rating how tense or relaxed people are. | Keeping Your cool | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Tense%20or%20Relaxed.pdf> |
| Range of visuals and tips on reducing stress  | Visuals and reading text on reducing different types of stress | By the Healthline Editorial Team | <http://www.healthline.com/health/stress> |
| Identifying personal stressors and coping mechanisms | Website | Discussion prompts and reading texts: Issues that impact our mental health and supports available.Topics include:* 1[Alcohol or drug problems](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/alcohol-drug/Alcohol-drug-problems.html)
* 2[Bereavement and loss](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/bereavement/)
* 3[Bullying and harassment](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/bullying/)
* 4[Gambling](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/Gambling/)
* 5[Job or business loss](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/job-loss/)
* 6[LGBT and coming out](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/lgbt/)
* 7[Loneliness and isolation](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/loneliness/)
* 8[Money and legal problems](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/money-legal/)
* 9[Relationship and family breakdown or problems](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/family/)
* 10[Sleep disorders](http://www.yourmentalhealth.ie/About-Mental-Health/Common-problems/impact-mental-health/sleep/)
 | Your Mental Health | <http://www.yourmentalhealth.ie/about-mental-health/common-problems/impact-mental-health/> |
| Identifying negative thinking | PDF | Read and identify negative thinking traps. | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Thoughts/Depressive%20Thinking%20Traps.pdf> |
| Dealing with stress - life and balance  | Website | Online self-evaluation quiz.Take a self evaluation to see how you are dealing with stress. Is your system balanced and dealing with stress well or are you out of balance? If you are out of balance, this self-evaluation classifies your state of imbalance. | Life and Balance Centre | <http://www.lifeandbalance.ie/self_evaluation.php> |
| Stress and family | PDFWorksheet (Sign up for free membership for access to worksheets – see linkhttp://www.therapistaid.com ). | Sentence completion worksheet on stress and the family. | Therapist Aid.com | <http://www.therapistaid.com/worksheets/divorce-sentence-completion.pdf> |
| Stress/Relaxation journal- keeping and monitoring tools  | Website | Stress Diaries: See template link in: *Using the Tool* | Mind Tools | <https://www.mindtools.com/pages/article/newTCS_01.htm> |
| WorksheetPDF | Relaxation log to record relaxation levels before and after using relaxation techniques. | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Log.pdf> |
| PDFWorksheet | Practice your relaxation at least two times at home and write down your experiences. Write down the day, the time, and then describe how you became relaxed. | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Journal.pdf> |
| PDFWorksheet | Relaxation training practice: After learning new relaxation techniques learners practise at home daily and log experiences. | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Log.pdf> |
| Website | Journal Your Way to Stress Relief. Practice material for keeping a journal or diary to document experiences and record thoughts. | [**Krisha McCoy**](https://www.everydayhealth.com/authors/krisha-mccoy/) | <http://www.everydayhealth.com/longevity/journal-for-stress-relief.aspx> |
| PDFWorksheet | Relaxation diary: Monitoring relaxation levels | Centre for Clinical Interventions | <http://www.cci.health.wa.gov.au/docs/ACFA2A7.pdf> |
| Book | Writing skills.My Healing Relaxation Journal: Release Stress Create Calm (Healing Journals) (Volume 1)Developing learner strategies for stress free living through writing journal entries. | [Fiona MacKay](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&text=Fiona+MacKay&search-alias=books&field-author=Fiona+MacKay&sort=relevancerank) | <https://www.amazon.com/My-Healing-Relaxation-Journal-Journals/dp/1502415844> |
| Workbook and CD | Relaxation Workbook: How to get the best out of your CD . Download CD from site.Covers:* Deep relaxation
* Quick relaxation
* Prevention
* Relaxation diary
 | By Dr Jim White | <https://www.talkingtherapies.berkshire.nhs.uk/_store/documents/relaxation-workbook.pdf> |
| Planning relaxation | Visuals | Images/Charts for learner activities | Google Images | <https://www.google.ie/search?q=relaxation+worksheets+for+students&safe=active&client=ms-android-samsung&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjmy-uRxsfVAhXFa1AKHSdpCboQsAQILQ&biw=1097&bih=515> |
| Time management for reducing stress | InfosheetPDF | Infosheet on time management:* Plan
* Prepare
* Prioritise
 | Stress Management and Biofeedback Services | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/time_management.pdf> |
| WorksheetPDF | Working out how one’s weekly time is spent and tips for improved time management | Connect to Successpsych.colorado.edu | <http://psych.colorado.edu/~advising/documents/timemanagement-4.pdf> |
| Visuals/Charts | Range of printables for time management discussion and related activities. | Google Images | <https://www.google.ie/search?q=time+management+worksheets+for+students&safe=active&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjHsPzZ9sTVAhVCbVAKHWSfCaEQsAQILQ&biw=1097&bih=543> |
|  | Website | Reading text and strategy.Managing in stressful situations: Using coping Cards | By Barbara Markway | <https://www.psychologytoday.com/blog/shyness-is-nice/201209/using-coping-cards-help-manage-anxiety> |
| Problem solving to help relaxation  | WorksheetPDF | Problem solving skills worksheet:6-step problem solving strategy | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Anger/Problem%20Solving%20Worksheet.pdf> |
| Changing thoughts and perceptions | InfosheetPDF | Stress inducing and stress reducing statements. | Stress Management and Biofeedback Services | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/changing_thoughts_and_perceptions.pdf> |
| Stress - Coping techniques to improve relaxation | WorksheetPDF | Stop, Think & Act worksheet  | Onlinedepts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Thoughts/Stop%20and%20Think.pdf> |
| InfosheetPDF | Coping Strategies in Dealing with Stress:* Perspectives
* Planning and doing
* Physical , Emotional, and Spiritual Health
* People
 | Stress Management and Biofeedback Services | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/coping_with_stress.pdf> |
|  | WebsiteWorksheets | Worksheets for [coping with stress](http://stress.lovetoknow.com/dealing-chronic-stress) in a healthy way.* Rate stress levels
* Brainstorm causes
* Personal stressful situations
* Challenge views on life events
* Control
* Identifying unhealthy coping
 | [Kirsten Schuder](http://lovetoknow.com/member/8314~kirsten-schuder) | <http://stress.lovetoknow.com/stress-management-techniques/coping-skills-worksheets-adults> |
| Working on stress-inducing thinking | WorksheetPDF | Proof Positive Exercise:A task that helps learners challenge all-or-nothing thinking and catastrophizing, and identify more accurate, alternative thoughts. | By Sean Wright | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Thoughts/ProofPositiveExercise.pdf> |
| Looking at problems in a new light | WorksheetPDF | Analysing recent stressful situations:Feelings, thoughts, coping strategies, results. | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Distress/Cognitive%20Reframing.pdf> |
| Good and bad thoughts | WorksheetPDF | Examining one’s thoughts: Different thoughts create different feelings and different feelings lead us to different behaviours.  | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Anger/Good%20thoughts%20bad%20thoughts.pdf> |
| 5-4-3-2-1Relaxation technique (Betty Erickson Technique) | WorksheetPDF | This technique is useful for teaching self-hypnosis to reduce anxiety and stress. | Online Practical Happiness - Emotional Health Consultancy, Therapy & Training | <http://makingsenseoftrauma.com/wp-content/uploads/2016/04/5-4-3-2-1-Relaxation-technique.pdf> |
| Video | Betty Erickson Technique video to support above worksheet. | By [Joy Gower](https://www.youtube.com/channel/UCvCm1qo22dEtFHiB_xzXVag) | <https://www.youtube.com/watch?v=KWyol442S7Q> |
| Create your own personalised relaxation tools | Relaxation techniques scripts for self- recording.Website | The free relaxation scripts provided here allow quick and easy relaxation at home. These materials can be used as reading texts or to record personalised relaxation audios to practice on the move. | OnlineInner Health Studio | <http://www.innerhealthstudio.com/relaxation-scripts.html#section12> |
| Guided meditation | Lesson planPDF | To introduce students to meditation as a coping strategy for stress and to guide them through a meditation session. | Lisa Gimbel | <http://webcache.googleusercontent.com/search?q=cache:I6HzTpHqIjkJ:www.nelrc.org/managingstress/pdfs/lessons/Guided%2520Meditation%2520Lesson%2520Plan%2520-%2520Gimbel.pdf+&cd=1&hl=en&ct=clnk&gl=ie> |
| Emotional freedom technique (Tapping) | Video | EFT as a form of relaxation. Tapping into Relaxation - EFT with Brad Yates. | You TubeBy [Brad](https://www.youtube.com/channel/UCvCm1qo22dEtFHiB_xzXVag) Yates | <https://www.youtube.com/watch?v=7_E8VtUSfkc> |
| Video | EFT (Tapping)Video - Introduction for beginners .This video takes the mystery out of what to say while tapping.  | You Tube[Stefan Gonick EFT Practitioner](https://www.youtube.com/channel/UCduWXdlFbijBEeDldVsxLRQ) | <https://www.youtube.com/watch?v=nYI0hWW_qoU> |
| Video | Faster EFT - The Basic Tapping Relaxation Technique | You Tube[Skills to Thrive](https://www.youtube.com/channel/UCoNhAAq0-BGTFdSoWIEiBIw) | <https://www.youtube.com/watch?v=Tz0e8LJ9kdk> |
| Fun relaxation activities | Stress Reduction Activities PDF | The classroom activities teach students a variety of practical and fun stress reduction techniques. These activities may be used to address a current stressful situation or following difficult transitions. | OnlineEutopia.org | <https://www.edutopia.org/sites/default/files/resources/stw-glenview-stress-reduction-activities.pdf> |
| Relax with calm music  | Video | Floating on a Cloud:Relaxation with calm music | By Candi-R | <https://www.youtube.com/watch?v=b49WIEW3zqQ> |
| Learn HOW to relax | WorksheetPDF | Learn How To Relax:* Focusing
* Meditation
* Relaxation
* Try it at home
 | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Learning%20to%20Relax.pdf> |
| Progressive Muscle Relaxation, Deep Breathing, Imagery | WorksheetPDF | This worksheet includes a brief description of the fight-or-flight response and step-by-step instructions on how to use each relaxation technique.* Deep Breathing
* Imagery
* Progressive Muscle Relaxation
 | TherapistAid.com | <http://www.therapistaid.com/worksheets/relaxation-techniques.pdf> |
| Practical, everyday relaxation tips | WorksheetPDF | Relaxation exercises:* Stairway
* Filling your Room
* Blackboard Technique
* Four Fingers
 | depts.washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Exercises.pdf> |
| 3 quick relaxation techniques  | Website | 3 ways to relax in just 60 seconds.* Stare at the ceiling
* Write everything down
* Just breathe
 | Bellabeat | <http://www.bellabeat.com/blog/3-ways-to-relax-in-just-60-seconds/> |
| Deep breathing techniques | Video | 3 easy breathing exercises. | Meghan Livingstone | <https://www.youtube.com/watch?v=sJ04nsiz_M0> |
| Video | Triangle breathing | Depression to Expression | <https://www.youtube.com/watch?v=O2ZlQRKgm5Y> |
| Video | 3 minute anxiety cure | Dr. Harry Cintron, PhD | <https://www.youtube.com/watch?v=MKvGnysfDiQ> |
| Video | 3 Most Effective Pranayamas - Deep Breathing Exercises | VENTUNO YOGA | <https://www.youtube.com/watch?v=395ZloN4Rr8> |
| Chair yoga (Ananda yoga) | Video | Simple YOGA exercises to relax body and mind at work. | anandayoga | <https://www.youtube.com/watch?v=fp4IxXVJv4o> |
| Clear the mind | Video | A Quick Exercise to Clear Your MindDr. Sharon Melnick shares a three part breathing technique to quickly calm yourself and clear your mind. | SharonMelnick | <https://www.youtube.com/watch?v=ggY2TsKJr78> |
| Meditation for relaxation | Audio | A guided breathing meditation audio for beginners. Meditation to help difficult situations become easier. | Tushita Centre | <http://meditateincapetown.org/a-guided-breathing-meditation/> |
| Simple trick to stop negative thoughts | Video | A technique to use when dealing with negative, unwanted thoughts. The point of this exercise is to become conscious of our thoughts and notice whether they are helpful, or useless.  | Depression to Expression | <https://www.youtube.com/watch?v=tmRVz7baXG8> |
| Stop self talk in the head and relax | Video | Eckhart Tolle - how to stop self talk in the head | You Tube | <https://www.youtube.com/watch?v=hwEx_agDjtw> |
| Booklet & companion video, audio | Self-Help booklet, audio book, video:Title – Stress.Many more titles available on link. | NHS UK | <https://web.ntw.nhs.uk/selfhelp/> |
| How to relax without spending money | Website & video | Reading texts and video about cost-free relaxation. | Good Relaxation | <http://goodrelaxation.com/2012/07/how-to-reduce-stress-without-spending-money/> |
| Website | Visuals and short texts on:50 Ways to Relax Without Spending MoneyMorning timeLunch timeEvening time | Quid Corner | <https://www.quickquid.co.uk/quid-corner/2016/10/12/50-ways-relax-without-spending-money/> |
| Working on one’s stress | PDFWorksheet | Worksheet:Step 1: Identify if I am stressedStep 2: Identify the stressorStep 3: Identify the reason for the stressorStep 4: Identify stress management strategies | Concordia Healthy Living | <https://www.concordia.ca/content/dam/concordia/services/health/docs/stress-management/Stress%20management%20worksheet.pdf> |
| Identifying stressors | PDFWorksheet | Stressors and their physical/mental symptoms | Istudy for success | <http://www.wcu.edu/WebFiles/PDFs/StressWorksheet.pdf> |
| Understanding and coping with stress | PDF | Life Events Checklist* Daily Hassles Checklist
* Signs of Stress Checklist
* How can you prevent stress?
* Strategies for Preventing Stress Checklist
* Relaxation Techniques
 | Civilian Personnel Policy | <http://www.detrick.army.mil/asap/pdf/stress.pdf> |
| PDFWorksheet | Stress management plan – worksheet.Understanding and Dealing with Stress | Mountain State Centers for Independent Living | <http://www.mtstcil.org/skills/stress_plan.pdf> |
| PDF  | Practice techniques | Victoria Hospice.org | <http://www.victoriahospice.org/sites/default/files/vichospbreathingbroch.pdf> |
| PDF Infosheet | 54321 relaxation technique | Awaken Psychology.com | <http://www.awakenpsychology.com.au/resources/Relaxation%20Techniques%20-%20PMR%20Visualisation%20Distraction.pdf> |
| Mindfulness | PDF Infosheet | Everyday mindfulness practices to do every day. | Awaken Psychology.com | <http://www.awakenpsychology.com.au/resources/Everyday%20Mindful%20Practices.pdf?COLLCC=21564507&> |
| Managing stress | PDF Worksheet | Stress management worksheet:* Stressors
* Ways to reduce stress
* Making changes
 | Stress Management and Biofeedbackcaps.byu.edu | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/managing_stress_worksheet.pdf> |
| Relaxation refresher technique | PDF Worksheet | 15-second refresher exercise – relaxation task that can be done on the move. | Stress Management and Biofeedbackcaps.byu.edu | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/15_second_refresher.pdf> |
| Relaxation for better sleep habits | PDF Infosheet | Tips on how to relax and sleep better. | Awaken Psychology.com | <http://www.awakenpsychology.com.au/resources/2.%20Sleep%20-%20January%202017.pdf> |
| Dos and Don’ts for coping with stressful situations | WebsitePictureboard | Learning how to cope properly can go a long way for your everyday health. Here, the best and worst ways to de-stress right now. | By Lauren A. Greene | [http://www.health.com/health/gallery/0,,20765943,00.html#worst-ignore-the-problem-0](http://www.health.com/health/gallery/0%2C%2C20765943%2C00.html#worst-ignore-the-problem-0) |
| Website | Dos for stress relief | SkillsYou Need.com | <https://www.skillsyouneed.com/ps/stress-tips.html> |
| Website | Don’ts for stress relief | SkillsYou Need.com | <http://truestressmanagement.com/unhealthy-stress-management/> |
| Website and PDF Posters | Coping in difficult times.Posters to stimulate discussion:#LittleThings Posters remind us of the little things that make a big difference to how we feel. Order printed poster and postcard packs at [HealthPromotion.ie](https://www.healthpromotion.ie/publications). | Yourmentalhealth.ie | <http://www.yourmentalhealth.ie/mind-yourself/good-mental-health/littlethings-campaign/> |
| Learned optimism and relaxation. | InfosheetPDF | Learned optimism. Giving up and persisting in the face of difficulty. Steps to overcoming learned helplessness and procrastination. | BYU Stress Management and Biofeedback Services | <https://caps.byu.edu/sites/default/files/pdfs/Learned%20Optimism.pdf> |
| Stress management | Slideshows with short texts. | Selection of slideshows with short texts on topics: | Lovetoknow.com | <http://stress.lovetoknow.com/Biggest_Causes_of_Stress> |
| Lesson plan and worksheets. | Identify effects of stress in everyday situations and strategies to reduce or control stress. | Yoomagazine.net | <http://www.yoomagazine.net/files/stress.pdf> |
| Video | Stress management:* Importance of stress management
* Techniques to reduce stress
 | Study.com | <http://study.com/academy/lesson/what-is-stress-management-definition-benefits.html#lesson> |
| Pros and cons of different relaxation methods/therapies | Visual | Visuals for pre-task discussion of writing pros and cons of different relaxation methods | Google Images | <https://www.google.ie/search?safe=active&hl=en&biw=1097&bih=543&site=imghp&tbm=isch&sa=1&q=ADVANTAGES+AND+DISADVANTAGES+relaxation+techniques&oq=ADVANTAGES+AND+DISADVANTAGES+relaxation+techniques&gs_l=psy-ab.3...14730.22658.0.23095.21.21.0.0.0.0.114.1361.17j3.20.0....0...1.1.64.psy-ab..1.4.345...0i8i30k1.RD7zWQD05zs> |
| Visuals | Useful templates for writing about pros and cons of different methods of relaxation | Google Images | <https://www.google.ie/search?safe=active&hl=en&biw=1097&bih=543&site=imghp&tbm=isch&sa=1&q=BLANK+PROS+AND+CONS+GRAPHICS&oq=BLANK+PROS+AND+CONS+GRAPHICS&gs_l=psy-ab.3...10540.12312.0.12882.6.6.0.0.0.0.380.807.2j3-2.4.0....0...1.1.64.psy-ab..2.0.0.COn-Ki60Ss4> |
| Suggested resources covering multiple topics/themes: |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| heme/Topic | Type | Relevance | Author/Source | Web Link |
| Stress management and relaxation techniques | Visuals -worksheets | Range of images for use as worksheets or developing other types of materials or prompting discussion. | Google Images | <https://www.google.ie/search?q=WORKSHEETS+FOR+STRESS+MANAGEMENT&safe=active&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwir17rM5L7VAhWJYlAKHUbzCNsQsAQILw&biw=1097&bih=543> |
| Google Images | <https://www.google.ie/search?safe=active&hl=en&site=imghp&tbm=isch&source=hp&biw=1097&bih=543&q=relaxation+techniques&oq=relaxation&gs_l=img.1.2.0l10.827.2967.0.6169.10.10.0.0.0.0.136.760.8j2.10.0....0...1.1.64.img..0.10.755.vBZ4yof-oHk> |
| Pinterest.ie | <https://www.pinterest.ie/pin/455778424765462729/?lp=true> |
| Managing stress | WorkbookPDF | Manage Stress Workbook:Contents:Stress Goal Keys to Managing Your Stress Tools for Managing Stress Mindfulness Other Factors for Managing Stress Appendix A: My Health Choices Appendix B: Pleasant Activities Tip Sheet  | prevention.va.gov | <https://www.prevention.va.gov/mpt/2013/docs/managestressworkbook_dec2013.pdf> |
| Mindfulness for relaxation | Kindle Book | Mindful Relaxation Affirmations | The 100 Most Powerful Affirmations for Mindful Relaxation | Jason Thomas | [https://www.amazon.co.uk/Mindful-Relaxation-Affirmations-Most-Powerful-ebook/dp/B073H6FSJR/ref=tmm\_other\_meta\_binding\_title\_sr?\_encoding=UTF8&qid=1502360758&sr=8-4](https://www.amazon.co.uk/Mindful-Relaxation-Affirmations-Most-Powerful-ebook/dp/B073H6FSJR/ref%3Dtmm_other_meta_binding_title_sr?_encoding=UTF8&qid=1502360758&sr=8-4) |
| Kindle Book (or free app) | 24 Hour Mindfulness: How to be calmer and kinder in the midst of it all Kindle Edition | OnlineBy [Rohan Gunatillake](https://www.amazon.co.uk/Rohan-Gunatillake/e/B011LCNO26/ref%3Ddp_byline_cont_ebooks_1) | [https://www.amazon.co.uk/gp/product/B00ZCCXBZM/ref=pd\_sim\_351\_8?ie=UTF8&psc=1&refRID=HWTKT7RJ65ENVXGCPV3T](https://www.amazon.co.uk/gp/product/B00ZCCXBZM/ref%3Dpd_sim_351_8?ie=UTF8&psc=1&refRID=HWTKT7RJ65ENVXGCPV3T) |
| Promoting good health | Book | Tools for Teaching Health : 100+ Interactive Strategies to Promote Health Literacy and Life Skills in Adolescents and Young Adults | OnlineBy [Shannon Whalen](https://www.bookdepository.com/author/Shannon-Whalen), [Dominic Splendorio](https://www.bookdepository.com/author/Dominic-Splendorio), [Sal Chiariello](https://www.bookdepository.com/author/Sal-Chiariello):[John Wiley & Sons Inc](https://www.bookdepository.com/publishers/John-Wiley-Sons-Inc) | <https://www.bookdepository.com/Tools-for-Teaching-Health-Shannon-Whalen-Dominic-Splendorio-Sal-Chiariello/9780787994075?ref=grid-view&qid=1501893144642&sr=1-12> |
| Teaching relaxation techniques | Web resources | Pointers for teaching relaxation to students. | By George Watts | <http://georgewatts.org/2014/03/14/teaching-relaxation-exercises-tips/> |
| WebsiteLesson plans | Teaching stress management techniques and presenting information .Two Printable Lesson Plans:* Recognizing the Signs of Stress

Ways to Manage Stress | [Mary Gormandy White](http://lovetoknow.com/member/41~mary-white) | <http://stress.lovetoknow.com/Stress_Management_Lesson_Plans> |
| Overcoming difficulties | WebsiteAudios | Real-life storiesAs part of the [Little Things campaign](http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/), three generous people have shared their experience of life’s storms, and what #littlethings worked for them in getting through those tough times. Úna, Robert and Alan’s stories have been animated into 40 second videos | Yourmentalhealth.ie | <http://www.yourmentalhealth.ie/get-involved/real-life-stories/> |
| Self-help - CBT | Website. Series of self-help videos. | [Cognitive Behaviour Therapy](https://www.getselfhelp.co.uk/cbt.htm) (CBT) has been [proven](https://www.getselfhelp.co.uk/cbt2.htm) to help mental health [problems](https://www.getselfhelp.co.uk/problems.htm).  This website provides CBT [self help](https://www.getselfhelp.co.uk/selfhelp.htm) and therapy resources, including videos, [worksheets, information sheets](https://www.getselfhelp.co.uk/freedownloads2.htm) and [self help mp3s](https://www.getselfhelp.co.uk/gallery1.htm). | getselfhelp.co.uk | <https://www.getselfhelp.co.uk//videos.htm> |
| Topic-related learner reading material:  |
| Topic : Everyday stressful situations | Reader | Liz Gets a Gas Bill  | Online By Jennie ColeGatehouse | <https://www.gatehousebooks.co.uk/reading-books/beginner-readers/liz-gets-a-gas-bill/> |
| Reader withtutor tips and learnerexercises | Mabel and Michael | Online By Vilma ThomasGobsmackers | <http://adult-literacy.net/gobsmackers-readers-for-adult-learners/#c> |
| Reader withtutor tips and learnerexercises | I can’t sleep | Online by Marcia BarclayGobsmackers | <http://adult-literacy.net/gobsmackers-readers-for-adult-learners/#c> |
| Adult literacy book collection | Readers | Select readers from site | OnlineALA connect | <http://connect.ala.org/node/99813> |
| Readers:Everyday stressful situations | Topic related reader sheets categorised by level. Online and PDF printable reader sheets. Each reader sheet covers: 1 Pre-reading2 Reading3 Understanding4 WritingOther resources include: * Guidance on using the materials
* Reading charts to track learner progress
 | resources.marshalladulteducation.org | <http://resources.marshalladulteducation.org/reading_skills.htm> |
| Sample titles on site: |
| Madge is Stressed Out: Level 1.0 |
| A Reluctant Doctor’s Visit: Level 2 |
| Are You Tired?:Level 2.5 |
| Stress in My Life: Level 3 |
| Starting a New Job: Level 3.5 |
| Where does your money go?:Level 3.5 |
| Good Mental Health: Level 4 |
| Many Factors Lead to Heart Attacks: Level 4 |
| Pressures of an Adult Student:Level 4 |
| Laughter – The More the Better: Level 5 |
| Dark Days, Dark Mood:Level:5.5 |
| Dealing with Grief:Level:5.5 |
| Debt Collection Worries:Level 6.5 |
| The Value of Sleep: Level 6.5 |
| Further audio technology resources: | Relaxation audio | Relax and take a trip to Paradise Island.  This audio will take you away and help change your state of mind in under 5 minutes!   | Onlinecindytravioli.clickfunnels.com | <https://cindytravioli.clickfunnels.com/optin15603936?gclid=Cj0KCQjw_JrMBRDPARIsACis1HyPrI4mf3UGk_vggmYM1ryiRsS_udh1ntEL4YOmeh434iX2j4lDJEcaArFlEALw_wcB> |
| Meditation for relaxation audio | Learning to relax through breathing meditation | Tushita Centre | <http://meditateincapetown.org/a-guided-breathing-meditation/> |
| Relaxation audios  | Get to Know the Best Relaxation Exercises! Progressive Muscle Relaxation & Mindfulness Meditation. Track excerpts available on website (right).Full versions available from iTunes and Google Play | Bestofrelaxation.com | <http://best-of-relaxation.com/autogenic-training-meditation-muscle-relaxation.html> |
| PDF | Guide to sources of free Relaxation Audio Downloads | pagegifted.com | <http://www.pagegifted.com/uploads/1/1/6/0/11600328/free_relaxation_audio_downloads.pdf> |
| Testing and evaluating stress levels. | Physical resource: Stress cards and mood cards. | Resources for discussion, self-testing and self-evaluation of stress levels. Choose from a selection available to purchase.E.g.:Stress Ruler or Bookmark:Place finger on Black Stress Chip. Stress shows up as colour temperature change.Sample pack:<http://www.cliving.org/PHOTOS/website%20photos/sample%20pack%20large.jpg> | Stress marketcliving.org | <http://www.cliving.org/stresscard.htm?gclid=Cj0KCQjwn6DMBRC0ARIsAHZtCeMHvrhPvTXRAYROyM_N54cB_Agevk2YrmVzRiHJ0KkyWIozI0VfRswaAu2dEALw_wcB> |
| Relaxation Apps | Best Relaxation and Anxiety Apps of the Year 2017 | Apps to recommend to learners. | healthline.com | <http://www.healthline.com/health/anxiety/top-iphone-android-apps> |
| Relaxation CDs  | Physical CDs  | Multimedia materials for class or home use. | Available for loan from Dublin City Libraries: See site for catalogue search result | <http://librariesireland.iii.com/iii/encore/search/C__Srelaxation%20cds__Orightresult__U?lang=eng&suite=def> |
| Relaxation Audio books | Physical Audio books | Multimedia materials for class or home use. | Available for loan from Dublin City Libraries: See site for catalogue search result | <http://librariesireland.iii.com/iii/encore/search/C__Srelaxation%20audio%20books__Orightresult__U?lang=eng&suite=def> |
| Handlettering & Colouring for relaxation  | Inspirational workbook | Hand Lettering for Relaxation presents 52 beautiful, whimsical and fun hand lettering techniques based on motivational themes. Readers will love the opportunity to practice the creative art of hand lettering in a way that inspires them and helps them relax. | Online By [Amy Latta](https://www.amazon.co.uk/Amy-Latta/e/B073QV6M1N/ref%3Ddp_byline_cont_book_1) | [https://www.amazon.co.uk/Hand-Lettering-Relaxation-Amy-Latta/dp/1624143857/ref=sr\_1\_8?ie=UTF8&qid=1502361373&sr=8-8&keywords=relaxation+activities](https://www.amazon.co.uk/Hand-Lettering-Relaxation-Amy-Latta/dp/1624143857/ref%3Dsr_1_8?ie=UTF8&qid=1502361373&sr=8-8&keywords=relaxation+activities) |
| Colouring book for adults | 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series | By ColoringCraze.com | <http://www.coloringcraze.com/> |

**Useful Organisations:**

|  |  |
| --- | --- |
| **Name** | **Contact Information** |
| HSE Your Mental Health | <http://www.yourmentalhealth.ie/about-mental-health/common-problems/mental-health-problems/stress/?gclid=EAIaIQobChMIlb3gg8bI1QIVRrvtCh0RfQKGEAAYASAAEgK5TPD_BwE> |
| Aware | <https://www.aware.ie/services/life-skills-group-programme/> |
| Mental Health Ireland | <http://www.mentalhealthireland.ie/a-to-z/self-management-10-tips/> |

|  |
| --- |
| **MOOCs (Massive Online Open Courses)** |
| Free access to online coursesSearch regularly for new courses and new start dates | <https://www.mooc-list.com/> |
| *FutureLearn* is a private company wholly owned by The Open University, with the benefit of over 40 years of their experience in distance learning and online education. Their partners include over 20 of the best UK and international universities, as well as institutions with a huge archive of cultural and educational material, including the British Council, the British Library, and the British Museum. | <https://www.futurelearn.com/> |
| *Class Central*Class Central has helped over 6 million people find great online courses offered for free by some of the best universities and teachers in the world. Reviews from the Class Central community help you understand if a course is right for you.Here are two ways you can use Class Central right away to find courses:1. Browse our [Subjects](http://email.mail.class-central.com/c/eJxlT9GOgyAQ_Bp8q8FFQR98aDV9un8wCKvlImAEzvTvj_b6dslmszOZzM7oXohZt4XpgVaCthSogI6KshFNXXZVPVz5MLbX-20YoSI1tdJspdpkCBeFLh4yI2-LR9_yeV66mqOqWbOwpdGgYaGIgi6cNbTY-keMeyDsSuCe5zzP_0aZD2n-RhWz8C5T9F9-NY6wsdFIpWAdh5mrWYNEqWDRXcuRMqiQAE_RTha1STbr8ZX0QwafDoWZ3A-vk4ofWkm7S7O-3B2eUwp4TCduOQYWR__88c5huckYjfUHQm6__tXPhWP_UU7vR4V9XlQK0duLllH2RNwIwNvR6Hzl1nXXVYwSGDJ85EBhCsYpzHt1af_TUCLGX_Cxgfo) categories for topics you are interested in. You can also use the search bar to type in keywords.
2. Look at courses that are [About to start](http://email.mail.class-central.com/c/eJxlUEGOgzAMfE24FSUOEDhwoKCe9g8oJIZGIgSRZFF_v6HtbSXLssejsce6FWLSdWZaoEzQmgIV0FCRl6Is8oYVfVf1Q9097v0AjBTUSrPmapXe3xRu4ZCpczZ7tiXSifIZq4bhXFGYOKpSzQpZMc_FrLK1fYawe8I7Ao8U53n-F0q4cvHw6FN14DUh_CFjcD9uMRvhQ6mRSsGbCqZKTRokSgWzbuoKKQeGBKoY7GhRm2gTH6-Lv6BP0goTuB9ORxW-sJJ2l2a51Dc8x-jxGE9c0zmYHe3r120b5qsMwVh3IKQvLJ83JOOh_TLH96LMvm4q-uDsTcsgWyLuBOCtaHSqkvuiaRinBPrUPi-vozebwpSXLe4fDiVi-APuY4Vt) or are [Self-paced](http://email.mail.class-central.com/c/eJxlUMuOhCAQ_Bq8jYFGRQ4eZjRz2n8wCK1DImIE1szfL_O4bdLpdFcqVd1lOiEm0xa2A8oEbSlQAZKKshZ1VUpW9demH9rr_dYPwEhFnbJrqVcVwkXjFg-VN--KR8dUOwswM5OcNkg117KhU60nOlEGXBRr94hxD4RfCdxznef5Xyjj2qcjYMhTwHXelUZD-F2l6H_8YjfCh9ogVYLLBqZGTwYUKg2zkW325cCQQJOiGx0am1zm4-voLxiyusYM7oc3SccvrJXblV1e6hueYwp4jCeu-SIsju7567cNy1XFaJ0_EHIQyyeJ_HvsvszxbVS450WnEL27GBVVR8SNALwVrclTDqCSknFKoM_r4_XuGOymMfdlS_uHQ4kY_gAsF4Vj).

These are guaranteed to be available for sign up. | <https://www.class-central.com/> |
| How do I enrol in a course?To enrol in a course, click on the button “GO TO CLASS” on the course page. This will take you directly to the course website (a different platform) where you can register for the course following the procedures of the provider. How much do MOOCs cost?Nothing. They are free. Although some providers may charge for things like graded items, course completion certificates or exams. | <https://www.mooc-list.com/course/positive-psychiatry-and-mental-health-coursera> |