WELLNESS AND RELAXATION RESOURCES

\*\*Feel free to email me if you have any recommendations to add to this list

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**BOOKS**

Attached, By Amir Levine and Rachel S. F. Heller

Welcoming the Unwelcome, By Pema Chodron

It’s Okay That You’re Not Okay, By Megan Devine

The Power of Now, By Eckhart Tolle

The Power of Letting Go, By John Purkiss

The Subtle Art of Not Giving a F\_\_\_, By Mark Manson

The Gifts of Imperfection, By Brene Brown

This Is How Your Marriage Ends: A Hopeful Approach to Saving Relationships, By Matthew Fray

**PODCASTS**

The Happiness Lab

10 Percent Happier

Owning It: The Anxiety Podcast (geared towards women)

The Anxiety Guy Podcast

The Mindful Minute (focuses on meditation)

The Stress Mastery Podcast

The Calmer You Podcast

**WEBSITES/SOCIAL MEDIA**

Tiny Buddha - https://tinybuddha.com/

Mental Health Believe - @mhbelieve.uk; facebook.com/MHBelieveUK

The Holistic Psychologist - @the.holistic.psychologist

Lets Talk Mental Health - @letstalk.mentalhealth

Holistically Grace - @holisticallygrace

The Present Psychologist - @thepresentpsychologist

Introvert Problems - @introvertproblems

**BREATHING TECHNIQUE** - "4-7-8 Method."

The simple breathing technique works to calm stress by activating your parasympathetic nervous system, also known as "rest and digest mode."

1. Breathe in through your nose for a count of four seconds.

2. Hold your breath for seven seconds. (the hold is very important)

3. Exhale for eight seconds, making a "whoosh" sound through pursed lips.

4. Repeat up to four times.