

STRESS MANAGEMENT TECHNIQUES

Mindfulness/Meditation Videos



Meditation 101: A
Beginner's Guide



Why Mindfulness is
a Superpower

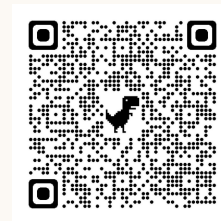


How Mindfulness
Empowers Us

Stress Management Techniques



Riding the
Wave



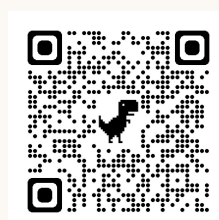
Spiral
Technique

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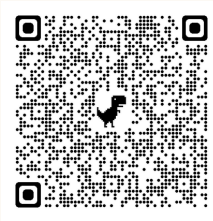
Self Talk Interventions



How to Defeat
Negative Thinking



Self Talk Sheet



5 Step Method Addressing
Negative Self Talk

Apps



Calm Harm



Calm Urge