



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Fact Sheets and Websites

- American Heart Association
 - **How Can I Manage Stress?**
<https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/How-to-Manage-Stress.pdf>

- Centers for Disease Control and Prevention (CDC)
 - **COVID-19 and Stress**
<https://tinyurl.com/2p9her5c>

- Michigan Medicine
 - **Coping Strategies to Manage Stress**
<https://www.med.umich.edu/1libr/PMR/CopingStrategiesStress.pdf>
 - **Mindfulness Matters**
<https://www.med.umich.edu/1libr/InternalMedicine/Mindfulness.pdf>



- Michigan Medicine Depression Center
 - **Managing Stress**
<https://ummentalhealth.info/toolkit-download/pdf/ManagingStress.pdf>
 - **Calm Breathing**
<https://ummentalhealth.info/toolkit-download/pdf/CalmBreathing.pdf>
 - **Five Senses Mindfulness**
<https://ummentalhealth.info/toolkit-download/pdf/FiveSensesMindfulness.pdf>
 - **Mindfulness in Everyday Life**
<https://ummentalhealth.info/toolkit-download/pdf/MindfulnessInEverydayLife.pdf>
 - **Progressive Muscle Relaxation**
<https://ummentalhealth.info/toolkit-download/pdf/ProgressiveMuscleRelaxation.pdf>

- National Institute of Mental Health (NIMH)
 - **5 Things You Should Know about Stress**
<https://tinyurl.com/3mxxx8ar>

- TherapistAid.com:
 - **What is Mindfulness?**
<https://www.therapistaid.com/worksheets/what-is-mindfulness.pdf>
 - **Mindfulness Meditation**
<https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>

INFORMATION GUIDE

APPS

- **Calm**
Sleep and meditation APP. Includes guided meditations.
- **Headspace**
Guided meditations for mindfulness, acceptance, stress, sleep, and more.
- **Insight Timer**
Meditations for sleep and relaxation.
- **Nature Rx in the Michigan App: University of Michigan**
Navigating Nature to Support Wellbeing. Discover your next favorite place of relaxation in nature throughout the Ann Arbor and Michigan Medicine campuses with Nature Rx. Available online at: <https://nature-rx.umich.edu>

Books

- Bernhard, Toni. **How to Live Well with Chronic Pain and Illness: A Mindful Guide.** Somerville, MA: Wisdom Publications, 2015.
- Kabat-Zinn, Jon. **Mindfulness for Beginners: Reclaiming the Present Moment and Your Life.** Boulder, Colorado: Sounds True, 2016. ©2012.
- Kabat-Zinn, Jon. **Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness.** New York: Random House LLC, 2013
- Kriseman, Nancy L. **The Mindful Caregiver: Finding Ease in the Caregiving Journey.** Plymouth, UK: Rowan & Littlefield, 2015.

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