

# STRESS REDUCTION AND RELAXATION

- Apps:
  - Insight Timer: mindfulness and meditation app – over 70,000 free guided meditations- various lengths and topics, including health related topics, as well as a timer option for quiet meditation.
  - Calm
  - Headspace
- [www.palousemindfulness.com](http://www.palousemindfulness.com) – a full MBSR (Mindfulness Based Stress Reduction) training program that is free and entirely online.
- For people who are participating in the Wellness that Works (WW) program, previously Weight Watchers: there are many online recordings that can be accessed to help with self-care around food, activity, and stress reduction.