

## References and Sources for 101 Mindfulness Practices to Ease Anxiety

### Benefits of Breathwork for Mental Health

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- <https://www.news-medical.net/news/20230113/Review-and-meta-analysis-suggests-breathwork-may-be-effective-for-improving-stress-and-mental-health.aspx>

### Benefits of Meditation for Mental Health

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- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3718554/>
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- <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

### Benefits of Mindfulness for Mental Health

- <https://bpspsychub.onlinelibrary.wiley.com/doi/10.1111/bjhp.12745>
- <https://www.southampton.ac.uk/news/2024/08/just-ten-minutes-of-mindfulness-daily-boosts-wellbeing-and-fights-depression-study-reveals.page>
- <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

### Benefits of Positive Psychology for Mental Health

- <https://www.health.harvard.edu/topics/positive-psychology>

### Cold Water Immersion for Mental Health: Benefits

- <https://longevity.stanford.edu/lifestyle/2024/05/22/jumping-into-the-ice-bath-trend-mental-health-benefits-of-cold-water-immersion/>

### Effects of Mindfulness on Blood Pressure

- <https://bmccardiovascdisord.biomedcentral.com/articles/10.1186/s12872-024-03746-w>

### Effects of Positive Self Talk on Mental Health

- <https://drsarahallen.com/self-talk-and-its-effects-mental-health/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8295361/>
- <https://mindfulhealthsolutions.com/5-negative-self-talk-patterns-origins-and-impacts-on-your-mental-health/>

#### How Laughter Impacts Anxiety and Mental Health

- <https://pubmed.ncbi.nlm.nih.gov/27439375/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8496883/>

#### How Mindfulness Creates a Calm State of Mind

- <https://www.health.harvard.edu/mind-and-mood/mindfulness-can-help-you-tame-fears-and-worries>

#### Journaling for Anxiety: Benefits

- <https://www.verywellmind.com/journaling-a-great-tool-for-coping-with-anxiety-3144672>

#### Nervous System Fight or Flight Response

- <https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194>

#### Nervous System Overview

- <https://my.clevelandclinic.org/health/body/21202-nervous-system>

#### Nervous System Stress Response

- <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

#### Parasympathetic Nervous System Rest and Digest Response

- <https://www.webmd.com/brain/parasympathetic-nervous-system-what-to-know>

#### Polyvagal Theory

- <https://www.polyvagal institute.org/whatispolyvagaltheory>

#### Somatic Shaking Benefits

- <https://www.somatopia.com/blog/shaking-it-out-cathartic-movement-for-emotional-release>
- <https://www.healthshots.com/mind/happiness-hacks/somatic-shaking-for-stress-relief/>

#### The Effects of Mindfulness on Your Brain

- <https://www.health.harvard.edu/blog/can-mindfulness-change-your-brain-202105132455>
- <https://www.apa.org/topics/mindfulness/meditation>

#### The Science Behind Mindfulness

- <https://www.mindful.org/the-science-of-mindfulness/>

#### Vagus Nerve

- <https://my.clevelandclinic.org/health/body/22279-vagus-nerve>

#### What Is Emotional Regulation

- <https://www.psychologytoday.com/us/basics/emotion-regulation>

### What Is Self-Soothing

- <https://positivepsychology.com/self-soothing/>

### Yoga for Mental Health

- <https://www.health.harvard.edu/staying-healthy/yoga-for-better-mental-health>
- <https://longevity.stanford.edu/lifestyle/2023/10/03/how-yoga-affects-the-brain-and-body-to-reduce-stress/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5843960/>
- <https://nyulangone.org/news/yoga-shown-improve-anxiety-study-finds>
- <https://health.clevelandclinic.org/restorative-yoga>

## Additional Recommended Resources for Ongoing Support

### Book Recommendations

#### Meditation Books

- [It's Just F\\*cking Meditation by Yogi Bryan](#)
- [The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness by John Yates, PhD](#)
- [Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn](#)

#### Mindfulness Books

- [Mindfulness for Beginners: Reclaiming the Present Moment and Your Life by Jon Kabat-Zinn](#)
- [The Healing Power of the Breath by Richard P. Brown, MD and Patricia L. Gerbarg, MD](#)
- [The Miracle of Mindfulness: An Introduction to the Practice of Meditation by Thich Nhat Hanh](#)
- [When Things Fall Apart by Pema Chödrön](#)

#### Yoga Books

- [Autobiography of a Yogi by Paramahansa Yogananda](#)
- [Light On Yoga by BKS Iyengar](#)
- [The Heart of Yoga by TKV Desikachar](#)
- [Yoga for Emotional Balance by Bo Forbes](#)

### **Mindset / Motivation Books**

- [A Year of Self Motivation by Ashton August](#)
- [One Day My Soul Just Opened Up by Iyanla Vanzant](#)
- [The Four Agreements by Don Miguel Ruiz](#)
- [The Power of Now by Eckhart Tolle](#)

### **Virtual Therapy and Mental Health Resources**

- [BetterHelp](#)
- [Psychology Today: Find a Therapist](#)
- [Crisis Text Line](#)
- [Mental Health America \(MHA\)](#)
- [NAMI - National Alliance on Mental Illness](#)

### **Apps for Anxiety & Mindfulness**

- <https://www.headspace.com>
- <https://insighttimer.com>
- <https://www.calm.com>
- <https://www.theshineapp.com>
- <https://youaligned.com/classes/>

### **Helpful Websites**

- [Mindful.org](#)
- [Psychology Today](#)
- [Verywell Mind](#)
- [YouAligned.com](#)