

# Free Resources for Stress Management Training Course

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Deb Dana - “Befriending Your Nervous System

[https://www.youtube.com/watch?v=TpxyzZx\\_rw](https://www.youtube.com/watch?v=TpxyzZx_rw)

Nick Ortner 4 minute Intro to Tapping (EFT)

<https://www.youtube.com/watch?v=XRfLTQjJhp0>

## Tools for Stress Relief

1. Breathing – Big Vocal Sigh, 3 slow deep breaths - exhale longer than inhale
2. Judson Brewer’s Finger Tracing Exercise
3. Tapping – guidance on YouTube or talk & tap
4. Self-compassion  
“This is a moment of suffering (anxiety, grief...)  
Just like me, there are many people who are suffering right now  
May I be kind to myself”
5. Naming (what we’re feeling); I see you (soft voice); It’s OK
6. Self-touch – Hand on Heart; Hands on each side of face, Self-hug

## Additional Resources

Meditation Training with *Jack Kornfield & Tara Brach* - FREE

<https://www.soundstrue.com/products/mindfulness-daily>

- Mindful Basics - 13 lessons
- Emotional Intelligence - 8 lessons
- Resilience, Healing & Inner Freedom - 8 lessons
- Mindful Living - 11 lessons

*Rick Hanson* – Equanimity meditation -

<https://www.youtube.com/watch?v=nuWii4rLZbk>

“Stress Proof your Brain” - Audio Book; Rick’s podcast

[Polyvagal Diagram](#)