

Your Stress-relief Oasis

RESOURCES FOR STRESS-RELIEF

MEDITATION / GRATITUDE APPS

[Noisli](#)

[My Life](#)

[Headspace](#)

[Meditation Studio](#)

[Aura health](#)

[Meditation Oasis](#)

[Breethe](#)

[Sattva](#)

[Reflectly](#)

[Holistrio](#)

[Prana breath](#)

[The Mindfulness app](#)

[Insight timer](#)

[Happy, not perfect](#)

[Oak Meditation](#)

[Buddhify](#)

SENSORY SOLUTIONS

[ASMR](#)

[Biurnal beats](#)

[Oms/Mantras](#)

[Forest bathing](#)

[Essential oils / diffusing](#)

[Earthing](#)

[Aromatherapy](#)

[Fidget toys](#)

[Journaling](#)

TECHNIQUES/METHODS TO CALM STRESS RESPONSE

[Body Scan](#)

[4-7-8 breathing](#)

[Qi gong](#)

[Tai Chi](#)

[Box breath](#)

[PMR](#)

FOODS/HERBS THAT HELP WITH STRESS

Adaptogenic herbs**:

holy basil

Rhodiola

Ginseng

Maca powder

Ashwaganda

Turmeric

Dark Chocolate

Matcha powder

Swiss Chard

Sweet Potatoes

Artichoke

Garlic

Tahini

Eggs

Fatty fish

Broccoli

Shellfish

Blueberries

Sunflower Seeds

Almonds

Parsley

Kimchi

Cherries

Chickpeas/Hummus

** check with your MD before taking any adaptogenic herb