

Resources for Developing a Relaxation Response

Online tools and downloads

Virtual Meditation Rooms

- <http://life.gaiam.com/gaiam/p/Gaiam-Life-Meditation-Rooms.html>

Downloadable Relaxation Scripts and Audio Files

- <http://www.allaboutdepression.com/relax/>

StressBusters@Emory Resource Kit

- <http://studenthealth.emory.edu/hp> → follow the menu links to “handouts”

Meditation Resources

Meditation Log: http://studenthealth.emory.edu/hp/documents/pdfs/pdfs_meditationlog.pdf

Metta Recitation: http://studenthealth.emory.edu/hp/documents/pdfs/pdfs_mettarecitation.pdf

Books

Benson, H. (1975). *The Relaxation Response*

Gunaratana, H. (2002). *Mindfulness in plain English*. Boston: Wisdom Publications.

Levey, J. (2003). *The fine arts of relaxation, concentration & meditation : ancient skills for modern minds*. Boston: Wisdom Publications.

Sharples, B. (2006). *Meditation and relaxation in plain English* (1st ed.). Boston: Wisdom Publications.

iTunesU – Exclusively Emory

Free podcasts on health topics of interest to Emory students are available on <http://itunes.emory.edu/> in the *Exclusively Emory* section. To access them: login (same as you would for OPUS), select “Campus Life” and then click on the “Health Promotion” album. If iTunes is not installed on the computer you are using, you will need to download free software before proceeding. We’ve created podcasts on sleep, stress, meditation, nutrition, hookahs, and more.

You’ll also find videos and animated shorts including an introduction to Student Health and Counseling Services, healthy relationships, flu shots, and *Swoop visits the doctor!* We’re always eager to work with students interested in helping us develop and record podcasts.