

TOP 10

Tools & Resources

For Stress Management



You'll Discover:

- ✓ Top Stress Management Sites
- ✓ Top Tools & Apps For Management Stress
- ✓ Top Communities & Forums To Help You With Stress

Stress Management Websites

1. HelpGuide.org

<http://www.helpguide.org/articles/stress/stress-management.htm>



The screenshot shows the HelpGuide.org website. At the top left is the logo 'HG HELP GUIDE.ORG' with the tagline 'A trusted non-profit guide to mental health and well-being'. To the right is a red 'Donate' button and social media icons for Facebook and Twitter. Below these is a search bar labeled 'Search Hel'. A navigation menu includes 'Home', 'Topics A-Z', 'More Help', 'About Us', 'Newsletter', and 'Book'. The main content area features a sidebar with links: 'Sources of stress', 'How you cope', 'Get moving', and 'Engage socially'. The main heading is 'Stress Management' with the subtitle 'How to Reduce, Prevent, and Cope with Stress'. Below this is a photograph of a woman looking at a computer screen. To the right of the photo is a text snippet: 'You may feel there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will'.

HelpGuide has a really great stress management guide, detailing the different ways in which you can manage your stress. This site isn't going to completely eliminate your stress but it might just go a long way to helping you manage it.

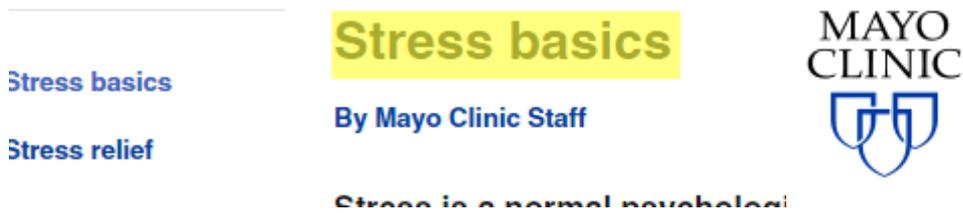
2. Stress.org

<http://www.stress.org/>

This is the website for the American Institute of Stress, which is the leading organization for stress. They have some of the latest information about stress causes, managing stress and elevating stress symptoms. If you're looking for a really detailed resource with advanced information then you don't need to look any further!

3. Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>



Almost everyone will have been onto Mayo Clinic at some point in their lives, it's one of the leading medical advice websites and is filled with quality information. The link goes to their basic stress management page but they have a very detailed stress resource, with loads of different information about stress and coping with it.

Tools For Stress Management

1. Mind Tools

http://www.mindtools.com/pages/main/newMN_TCS.htm



[Join the Mind Tools Club](#)

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Follow



Mind Tools have a brilliant set of stress management tools along with some more general information about stress. This is a great resource that you need to check out! Most of their tools are very actionable and allow you to take away some new found knowledge that you can use to manage your own stress.

2. Stress Relief Tools

<http://www.stress-relief-tools.com/>



This niche site actually contains some brilliant 'tools' that you can use to help manage your stress. One of these that stick out is the visualization technique, in which you can distress and use your senses to take your mind to a better place. This site is very focused on natural techniques and contains some great information.

3. Breathe2Relax

<https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>



This simple app takes the principle of deep breathing and meditation and uses it through the application format to help deal with stress. Through a series of guided breathing exercises you will be able to reduce your stress levels.

4. Be Mindful

<https://itunes.apple.com/us/app/the-mindfulness-app/id417071430?mt=8>

The Mindfulness App

By MindApps

Open iTunes to buy and download apps.



[View in iTunes](#)

\$2.99

Description

The Mindfulness App helps you practice for 20 minutes a day.

[The Mindfulness App Screenshots](#)

What's New in Version 1.0

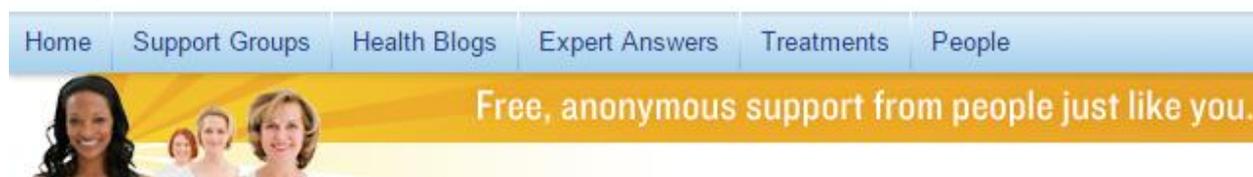
Minor bug fixes

If you've never meditated then you are certainly missing out. It's a great method to relax and can combat stress as well. This ancient method of relaxation has been brought into the 21st century thanks to Be Mindful. This app will walk you through some guided meditations of varying lengths, to help you relax whenever you need to.

Communities and Forums

1. Daily Strength

<http://www.dailystrength.org/>



This website has multiple communities of people going through similar things, almost like a support group but online! For example; they have a group dedicated towards ADHD, one for stress management and another for those with eating disorders. Often those dealing with stress can benefit from having a community, much like those dealing with other mental health issues.

2. eHealthForum

http://ehealthforum.com/health/stress_question.html

Mental Health Anxiety and Stress Forum

Welcome to the Anxiety and Stress Forum - a health community featuring member and doctor discussions ranging from a specific symptom to related conditions, treatment options, medication, side effects, diet, and emotional issues surrounding medical conditions.

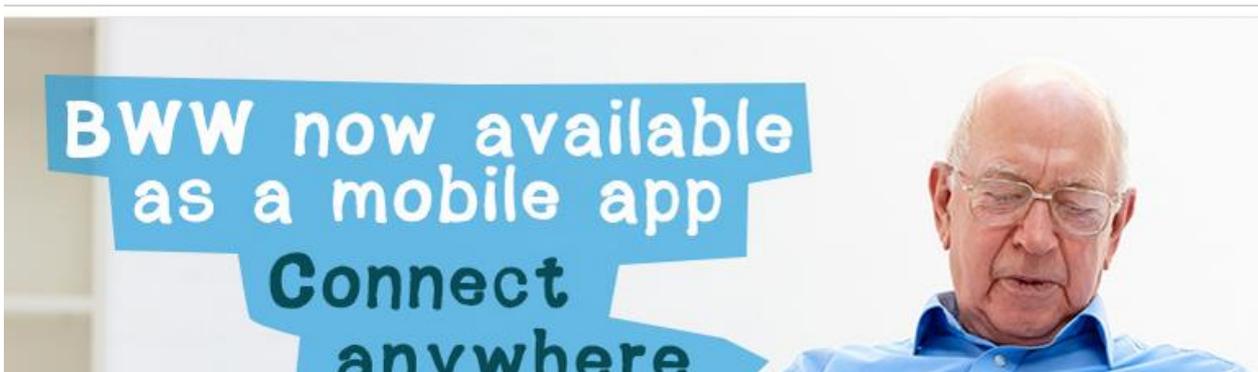
[Post a Topic](#)

Posted By	Topic	Replies	Last post
	Anxiety And Stress Question + DoctorQuestion 291 views Last post: 08-21-2015 14:01pm	-	
	Medicine That Would Help A Little To Make Me Calm Down. + DoctorQuestion 306 views	1	 Dr Sha...

eHealthForum has a similar setup, but instead has boards about different medical and general health issues. You can post, get advice and hear from other people who are going through similar problems.

3. Big White Wall

<https://www.bigwhitewall.com>



Big White Wall is just that. An online version of a 'white wall' where you can anonymously write about the stress you are feeling and receive advice. BWW has professionally trained 'Wall Guides' who ensure your safety and allow you a space to express yourself freely.