

Resources - Stress

- **Apps**
 - Calm <https://www.calm.com/>
 - CBTi coach <https://www.youtube.com/watch?v=rMgrWn5x6JE>
 - Finch: Self Care Widget Pet <https://www.befinch.com/>
 - Headspace <https://www.headspace.com/>
 - Insight Timer <https://insighttimer.com/en-ca>
 - Mindshift CBT <https://www.anxietycanada.com/resources/mindshift-cbt/>
 - Pzizz <https://pzizz.com/>

- **Resources/Tools**
 - 90:10 The Single Most Important Thing You Can Do For Your Stress <https://www.youtube.com/watch?v=l6402QJp52M>
 - AbilitiCBT <https://abiliticbt.com/home>
 - Body Scan Meditation <https://www.youtube.com/watch?v=ZM3eYRODNbc>
 - BounceBack® [Free Mental Health Coaching Program For Adults | BounceBack® \(cmha.ca\)](https://www.bounceback.ca/)
 - Breathing and Muscle Relaxation <http://www.adam.mb.ca/audio-relaxation>
 - CBTm programs (Winnipeg) [For Adults - Cognitive Behaviour Therapy with mindfulness \(CBTm\)](https://www.winnipeg.ca/cbtm/)
 - Mental Health Resources for Winnipeg <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
 - Shared Health Soins Commun Manitoba Mental Health & Wellness Resource Finder <https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>
 - Progressive Muscle Relaxation: <https://www.youtube.com/watch?v=1nZEdqcGVzo>
 - R.A.I.N. meditation [Resources ~ RAIN: Recognize, Allow, Investigate, Nurture - Tara Brach](https://www.rainmeditation.com/)
 - Self Care Tips [Health Behaviour Change Toolkit \(fountainofhealth.ca\)](https://www.fountainofhealth.ca/)
 - Strongest Families Institute <https://strongestfamilies.com/>
 - WRHA Health Management Group Program Guide <https://wrha.mb.ca/groups>
 - CBTm <https://wrha.mb.ca/groups/cbtm/>

- **Websites**
 - Anxiety Canada <https://www.anxietycanada.com/>
 - Anxiety Disorders Association of Manitoba (ADAM) www.adam.mb.ca
 - Mood Disorders Association of Manitoba <http://www.mooddordersmanitoba.ca/>
 - ParticipACTION <https://www.participaction.com>
 - Wellness Together Canada <https://www.wellnesstogether.ca/en-CA>