

RELAXATION TAPES AND CD's

The following relaxation tapes and CD's can be checked out on a *3-day basis* to full-time students. They can be found in the LEARNING RESOURCE CENTER (LRC) which is situated in 4840 of the Harold B. Lee Library (HBLL). They are listed under ST DEV 214R Instructor: Mike Maughan.

AUDIOCASSETTES:

<u>CALL #</u>	<u>TITLE & TECHNIQUES</u>	<u>PUBLISHERS/ CREATORS</u>
AC 43-R pt. 7	Intro to Biofeedback (intro to Biofeedback & body scan)	Michael Maughan (BYU)
AC 43-R pt. 2	Guided Imagery Relaxation Breathing Relaxation	Conscious Living Foundation www.cliving.org
AC 43-R pt. 8, 9, 10, 15	Tense-Slo-Relax (*PMR) Differential Relaxation (*PMR)	Guilford Publications www.guilford.com
AC 43-R pt. 11, 12, 13	Limb Heaviness (autogenics) Arms & Legs: Heavy & Warm (autogenics)	Guilford Publications www.guilford.com
AC 43-R pt. 18	Forehead & Facial Relaxation (headaches, TMJ) Stress Management (performance rehearsal)	Guilford Publications www.guilford.com
AC 43-R pt. 3	Peaceful Body – Quiet Mind (breathing, visualization, motivation to achieve goals)	New Harbinger www.newharbinger.com
AC 43-R pt. 14	Body-Relaxed – Mind at Ease (body scan, visualization)	New Harbinger www.newharbinger.com
AC 43-R pt. 16	Time Out from Stress (Vol. I) (visualizations)	New Harbinger www.newharbinger.com
AC 43-R pt. 17	Time Out from Stress (Vol. II) (visualization, anchoring)	New Harbinger www.newharbinger.com
AC 43-R pt. 21, 25	Letting Go of Stress (see back of this sheet for this title)	Fulfillment Center www.drmilller.com
AC 43-R pt. 22, 23 AC 43-R pt. 6, 20 AC 43-R pt. 5, 19	Sitting Meditation Tool Meditation General Relaxation	Julie Preece (BYU) Julie Preece (BYU) Keola Niemann (BYU)

* Progressive Muscle Relaxation

CD'S:

<u>CALL #</u>	<u>TITLE & TECHNIQUES</u>	<u>PUBLISHERS</u>
CD 20-R	Letting Go of Stress (*PMR, breathing, autogenics, body scan, visualization)	Fulfillment Center www.drmilller.com
CD 22-R	Natural Sleep Improvement (<i>only</i> ocean sounds with music)	Solitudes www.solitudes.com
CD 23-R	Easing Into Sleep (general relaxation for insomnia)	Fulfillment Center www.drmilller.com
CD 33-R	Worry Stoppers (thought-stopping for worrying and to aid in concentration)	New Harbinger www.newharbinger.com
CD 34-R	Daydreams 1: Get-Aways (various visualizations)	Whole Person Associates www.wholeperson.com
CD 35-R	Daydreams 2: Peaceful Places (various visualizations)	Whole Person Associates www.wholeperson.com
CD 36-R	Calm Down (*PMR, breathing, performance rehearsal, meditation)	Whole Person Associates www.wholeperson.com
CD 37-R	Relax...Let Go...Relax (*PMR, body scan, breathing)	Whole Person Associates www.wholeperson.com
CD 38-R	Stress Release (*PMR, body scan, breathing)	Guilford Publications www.guilford.com
CD 39-R	Headache Relief (relaxation for headaches & migraines)	Fulfillment Center www.drmilller.com
CD 40-R	Change the Channel on Pain (relaxation to manage pain)	Fulfillment Center www.drmilller.com
CD 43-R	Launching Your Day (positive affirmations/self-hypnosis)	Fulfillment Center www.drmilller.com
CD 44-R	Optimal Performance (performance rehearsal)	Fulfillment Center www.drmilller.com
CD 45-R	Relaxation & Inspiration (visualization, general relaxation)	Fulfillment Center www.drmilller.com
CD 46-R	The 10-Minute Stress Manager (body scan, peak performance)	Fulfillment Center www.drmilller.com

* **P**rogressive **M**uscle **R**elaxation