

Relaxing and Maintaining Calm in the Midst of Stress

A Workshop for the AGO National Convention 2014 by +David Christopher Bellville, Ph.D.

This outline for the workshop provides space for note taking on the topics covered:

Identifying Stress in the Mind and Body:

The Role of Negative, Self-Defeating Thoughts:

Custom-Made Affirmations:

Positive Imagery:

Deep Breathing: The Key to Relaxation:

The Relaxation Response: Practicum

A few Resources:

Burdick, Debra. Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets. New York: PESI, 2013

Benson, Herbert. The Relaxation Response. New York: Mass Market, 1976.
The Relaxation Revolution: the Science and Genetics of Mind Body Healing. New York: Scribner, 2011.