

LIBRARY RESOURCES

STRESS MANAGEMENT/RELAXATION CDs

The following relaxation CD's can be checked out on a **3-day basis** to full-time students. They can be found in the Media Center which is located in 4840 of the Harold B. Lee Library. // *These CD's (except those made by BYU) are copyrighted. Therefore, it is illegal to make copies. If you would like your own copy, please purchase them from the publisher listed .*

Call Number	TITLE	TECHNIQUES	PUBLISHER
CD 19-R	<i>Body Relaxed, Mind at Ease</i>	Body scan, visualization	Unavailable
CD 46-R	<i>The 10 Minute Stress Manager</i>	Body scan, performance rehearsal	Fulfillment Center
CD 37-R	<i>Relax...Let Go...Relax</i>	PMR, body scan, breathing	Whole Person Associates
CD 38-R	<i>Stress Release</i>	PMR, body scan, breathing	Unavailable
CD 10-R	<i>Relaxation Training Program</i>	PMR	Unavailable
CD 13-R	<i>Relaxation Training Program</i>	Autogenics	Unavailable
CD 16-R	<i>Relaxation Training Program</i>	Muscle relaxation, performance rehearsal	Unavailable
CD 36-R	<i>Calm Down</i>	PMR, breathing, performance rehearsal, meditation	Whole Person Associates
CD 20-R	<i>Letting Go of Stress</i>	PMR, breathing, autogenics, body scan, visualization	Fulfillment Center
CD 52-R	<i>Letting Go of Stress</i>	PMR, breathing, autogenics, body scan, visualization	Fulfillment Center
CD 53-R	<i>Natural Tranquilizers</i>	Visualization, body scan, breathing	Whole Person Associates
CD 21-R	<i>Time Out from Stress (Vol. 1)</i>	Visualization	Unavailable
CD 24-R	<i>Time Out from Stress (Vol. 2)</i>	Visualization	Unavailable
CD 34-R	<i>Daydreams 1: Get-Aways</i>	Visualization	Whole Person Associates
CD 35-R	<i>Daydreams 2: Peaceful Places</i>	Visualization	Whole Person Associates
CD 45-R	<i>Relaxation & Inspiration</i>	Visualization, general relaxation	Fulfillment Center
CD 2-R	<i>Lowenstein 103H-T12</i>	Visualization, breathing,	Unavailable
CD 18-R	<i>Peaceful Body, Quiet Mind</i>	Breathing, visualization, performance rehearsal	Unavailable
CD 22-R	<i>Natural Sleep Improvement</i>	Ocean sounds with music	Solitudes
CD 43-R	<i>Launching Your Day</i>	Self-hypnosis, performance rehearsal	Fulfillment Center
CD 44-R	<i>Optimal Performance</i>	Performance rehearsal	Fulfillment Center
CD 33-R	<i>Worry Stoppers</i>	Thought stopping, improving concentration	Unavailable
CD 40-R	<i>Change the Channel on Pain</i>	Relaxation to manage pain	Fulfillment Center
CD 23-R	<i>Easing Into Sleep</i>	General relaxation for insomnia	Fulfillment Center
CD 39-R	<i>Headache Relief</i>	Relaxation for headaches and migraines	Fulfillment Center

Call Number	TITLE	TECHNIQUES	PUBLISHER
CD 47-R	<i>Relaxercise</i>	Muscle relaxation, flexibility	feldenkraisresources.com
Disc 1	Introduction, Easy Flexibility		feldenkraisresources.com
Disc 2	Lower Back Comfort, Lengthening the Spine		feldenkraisresources.com
Disc 3	Relaxing Shoulders, Total Breathing		feldenkraisresources.com
Disc 4	Aligning the Body, Relaxed Eyesight 1		feldenkraisresources.com
Disc 5	Relaxed Eyesight 2, Your Body's Power Center		feldenkraisresources.com
Disc 6	Your Best Face, Happy Feet		feldenkraisresources.com
CD 48-R	<i>TMJ Health</i>	Sensory motor exercises for mouth and jaw health	feldenkraisresources.com
Disc 1	Improving primary movements of the jaw, Relaxing the Tongue		feldenkraisresources.com
Disc 2	Relaxing the lips, The Neck-Jaw Connection, The Head-Jaw Connection		feldenkraisresources.com
Disc 3	The Spine-Jaw Connection, The Eye-Jaw Connection, TMJ Health through Visualization		feldenkraisresources.com
Disc 4	Your Body's Power Center, Putting it all Together		feldenkraisresources.com
CD 1-R	<i>Intro to Biofeedback</i>	Introduction to biofeedback, body scan	BYU (Michael Maughan)
CD 26-R	<i>General Relaxation - T13</i>	General relaxation	BYU (Keola Niemann)
CD 54-R	<i>Meditations</i>	Meditation	BYU (Julie Preece)
CD 50-R	<i>BYU Biofeedback Tracks</i>		BYU
Pt. 1	Autogenics		BYU
Pt. 2	Body Scan		BYU
Pt. 3	Deep Breathing		BYU
Pt. 4	Meditation		BYU
Pt. 5	Performance rehearsal		BYU
Pt. 6	Visualization		BYU
Pt. 7	Self-hypnosis		BYU
Pt. 8	Visualization		BYU
Pt. 9	Progressive Muscle Relaxation (PMR)		BYU
Pt. 10	Introduction to biofeedback, body scan		BYU