

COMMUNITY MEDICAL SCHOOL



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“All Stressed Out: Symptoms, Physiology and Approaches for Relief”

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Additional Resources

Fralich, T. (2012). *Cultivating Lasting Happiness: A 7-Step guide to Mindfulness, Second Edition*. PESI: Eau Claire, WI

Fralich T. (2014). *The five core Skills of Mindfulness: A Direct path to more Confidence, joy and Love*. PPM: Eau Claire, WI

Hanson, R. (2009) *Buddha’s Brain*. New Harbinger Publications. Oakland, CA

Brantley, J. (2007) *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*, Edition 2 New Harbinger Publications, Oakland, CA

Jon Kabat-Zinn (2004) *Wherever You Go, There You Are: Mindfulness meditation for everyday life*. Hyperion, NY

Stahl, B. (2010) *A Mindfulness-Based Stress Reduction Workbook* Paperback, New Harbinger publications, Oakland, CA