

Readings

1. **"Visualization Techniques to Reduce Exam Stress" by the American Psychological Association (APA)**
 - [APA.org](https://www.apa.org)
2. **"Effects of Mindfulness and Physical Activity on Chronic Stress" by JAMA Network Open**
 - [JAMANetwork.com](https://jamanetwork.com)
3. **"Stress and the Relaxation Response" by Harvard Health Publishing**
 - [Harvard Health](https://www.harvardhealth.org)
4. **"Mindfulness-Based Stress Reduction (MBSR)" by the Mayo Clinic**
 - [Mayo Clinic](https://www.mayoclinic.org)
5. **"Understanding the Stress Response" by Harvard Medical School**
 - [Harvard Medical School](https://www.harvard.edu)

Podcasts

1. **"On Being with Krista Tippett"**
 - Thoughtful discussions on mindfulness, well-being, and the human experience.
 - On Being
2. **"The Trauma Therapist Podcast"**
 - Conversations with trauma therapists and experts sharing their knowledge and experience.
 - The Trauma Therapist Podcast
3. **"10% Happier with Dan Harris"**
 - Exploring mindfulness and meditation practices to improve mental health and happiness.
 - 10% Happier
4. **"Unlocking Us with Brené Brown"**
 - Discussions on vulnerability, courage, and building a resilient life.
 - Unlocking Us
5. **"The Daily Meditation Podcast"**
 - Guided meditations and insights on managing stress and anxiety.

- [The Daily Meditation Podcast](#)

Additional Readings

1. **"The Polyvagal Theory: New Insights into Adaptive Reactions of the Autonomic Nervous System" by Stephen W. Porges**
 - An academic paper providing a detailed overview of Polyvagal Theory.
 - [NCBI](#)
2. **"Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies" by Stephen W. Porges**
 - Exploring the clinical implications of Polyvagal Theory for therapeutic practices.
 - [APA PsycNet](#)
3. **"The Role of the Vagus Nerve in the Pathophysiology and Treatment of Depression" by Michael R. Irwin and J. Craig J.**
 - A study on the connection between vagus nerve function and mental health.
 - [NCBI](#)
4. **"Neuroception: A Subconscious System for Detecting Threats and Safety" by Stephen W. Porges**
 - An article explaining the concept of neuroception in the context of Polyvagal Theory.
 - [ScienceDirect](#)
5. **"Polyvagal Theory and the Social Engagement System: Neurophysiological Foundations and Clinical Applications" by Stephen W. Porges**
 - A detailed discussion on the social engagement system and its relevance to clinical practice.
 - Frontiers in Psychiatry

Additional Podcasts on Stress Management

1. **"The Calm Collective"**
 - Focuses on mindfulness, mental health, and managing stress.
 - The Calm Collective
2. **"The Stress Mastery Podcast"**
 - Offers daily tips and techniques to manage stress and live a balanced life.
 - [The Stress Mastery Podcast](#)

1. **"The Daily Meditation Podcast"**

- Offers daily guided meditations for relaxation, stress relief, and mindfulness.
- [The Daily Meditation Podcast](#)

2. **"Meditative Story"**

- Combines storytelling with guided meditation prompts to help listeners relax and reflect.
- [Meditative Story](#)

3. **"Sleepy Time Mumbles"**

- Provides guided meditations and soothing stories to help listeners fall asleep.
- Sleepy Time Mumbles

4. **"The Mindful Meditation Podcast"**

- Features guided meditations for mindfulness, relaxation, and stress reduction.
- The Mindful Meditation Podcast

5. **"Tracks To Relax - Sleep Meditations"**

- Offers guided sleep meditations to help listeners relax and fall asleep.
- [Tracks To Relax](#)