**Stress Reduction for Editors: Resources**

**Relaxation Response** (clinically proven meditation technique)

http://www.relaxationresponse.org/

**Energizing breath and relaxing breath**

https://www.themuse.com/advice/the-2minute-exercise-that-can-completely-transform-your-day

**Meditation apps**

* Calm
* Mindfulness App
* Buddhify
* Headspace

**Essentialism, by Greg McKeown**

http://gregmckeown.com/essentialism-the-disciplined-pursuit-of-less/

**TED Talks**

* Amy Cuddy, “Your Body Language Shapes Who You Are”
* Kelly McGonigal, “How to Make Stress Your Friend”