

Anxiety/Stress Information

- Anxiety BC and MindShift
App: anxietybc.com/resources/mindshift-app
- Dartmouth College Relaxation
Downloads: dartmouth.edu/~healthed/relax
- Interactive 60 second stress relief tool: [pixelthoughts](https://pixelthoughts.com)
- School/Life Balance tips: [self help resources/school-life balance](https://selfhelpresources.com/school-life-balance)
- Stop, Breathe, Think app, 5 minutes to peace-
stopbreathethink.com