



List of Additional resources from October 8, 2015 WASSA Conference

**How to Blast Your True Kryptonite Presentation**

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**Mobile Applications**

1. **Calm**
2. **Mindshift**—Chill Out Tools, Visualizations, Mental Vacation
3. **Nature** (sounds of nature, spa music, etc.)
4. **Pranayama Lite** (breathing exercise with visual/auditory cues for inhale/exhale)
5. **GPS4Soul** (articles and guides for Optimism, Positivity, Self-Acceptance, Breathing, Meditation, with accompanying images and music)

**Other Resources**

1. Dr. Bellaruth Naprasek, many CDs and audiobooks on Guided Imagery
2. Jon Kabat-Zinn, *Guided Mindfulness Meditation Series 2* four CD set
3. *Stressed is Desserts Spelled Backwards*—book by Dr. Brian Luke Seward, PhD.
4. [www.stressstop.com](http://www.stressstop.com)
5. [www.strengthfinders.com](http://www.strengthfinders.com)
6. [www.HappinessHypothesis.com](http://www.HappinessHypothesis.com)
7. [www.mindtools.com](http://www.mindtools.com)