

## **Calm Your Nerves Web links**

### **Deep Breathing Techniques**

[www.pe2000.com/breathe\\_diaphragm.htm](http://www.pe2000.com/breathe_diaphragm.htm)

### **Office Stretches**

<http://www.webmd.com/fitness-exercise/features/stretching-exercises-at-your-desk-12-simple-tips?page=2>

<http://www.region.peel.on.ca/health/workplace/employees/active/stretch-guide.htm#title>

### **Physical Activity Guidelines**

<http://www.healthyalberta.com/ActiveLiving/599.htm>

<http://www.americanheart.org/presenter.jhtml?identifier=2218>

### **Meditation Techniques**

<http://nccam.nih.gov/health/meditation/>

[http://www.project-meditation.org/meditation\\_techniques.html](http://www.project-meditation.org/meditation_techniques.html)

### **Yoga for Relaxation**

<http://www.mayoclinic.com/health/yoga/MM00650>

### **Tai chi for Relaxation**

<http://www.mayoclinic.com/health/tai-chi/SA00087>

### **Sleep Tips**

[http://stress.about.com/od/unhealthybehaviors/a/stress\\_sleep.htm](http://stress.about.com/od/unhealthybehaviors/a/stress_sleep.htm)

### **Time Management Tips**

<http://www.mayoclinic.com/health/time-management/WL00048>

### **Improving Relationships**

[http://improving-relationships.suite101.com/article.cfm/break\\_6\\_bad\\_habits\\_to\\_succeed](http://improving-relationships.suite101.com/article.cfm/break_6_bad_habits_to_succeed)  
[www.lifeorganizers.com/time/tips-for-scheduling.htm](http://www.lifeorganizers.com/time/tips-for-scheduling.htm)

### **Time Management Tips**

<http://www.mayoclinic.com/health/time-management/WL00048>

### **Multi-tasking Research**

<http://www.naturalsolutionsmag.com/index.cfm/fuseaction/articleSearch.article/articleID/15049/keyword/barbara%20rowley/SlowDownYouMoveToo>

### **Financial Stress**

<http://stress.about.com/od/financialstress/a/financialstress.htm>

## **General Stress**

<http://search.about.com/fullsearch.htm?terms=stress>

<http://online.wsj.com/article/SB122324185911805771.html>

<http://www.webmd.com/balance/stress-management/default.htm>

<http://www.dummies.com/WileyCDA/DummiesArticle/Avoiding-Roadblocks-to-Stress-Reduction.id-970.html>

<http://www.realage.com/ct/soothe-stress/>

[http://www.helpguide.org/mental/work\\_stress\\_management.htm](http://www.helpguide.org/mental/work_stress_management.htm)

## **Caregiver Resources and Support Websites**

### **2-1-1 Virginia - find services in Virginia**

[www.211virginia.org/211provider/consumer/index211.do](http://www.211virginia.org/211provider/consumer/index211.do)

**Virginia's Resource for Health & Aging** -[www.SeniorNavigator.org](http://www.SeniorNavigator.org)

**Virginia Association of Area Agencies on Aging** -[www.vaaaa.org/](http://www.vaaaa.org/)

**Virginia Department for the Aging** -[www.vda.virginia.gov](http://www.vda.virginia.gov)

**JMU Caregiver State Resource Center** - [www.socwork.jmu.edu/Caregivers](http://www.socwork.jmu.edu/Caregivers)

**Council of Community Services** -[www.councilofcommunityservices.org/](http://www.councilofcommunityservices.org/)

**National Family Caregivers Association** -[www.nfcacares.org](http://www.nfcacares.org)

**National Eldercare Locator** -[www.eldercare.gov](http://www.eldercare.gov)

**Free nursing home locator resource** - [www.myziva.net](http://www.myziva.net)

### **Nursing Home Quality Initiative –**

[www.medicare.gov/NHCompare/home.asp](http://www.medicare.gov/NHCompare/home.asp)

[www.vhca.org](http://www.vhca.org) (Virginia Health Care Association)