

The Mystery of Grief and Stress - Resource List

Stacy Eichman-Cardwell

Physiological Sigh Breathing Technique – Calms nervous system (hot)

theenergyblueprint.com Ari Whitten

EFT – Emotional Freedom Technique/ Tapping

*Researched as successful strategy for anxiety, PTSD plus others

Uses acupressure points

thetappingsolution.com Nick Ortner

Heartmath

Heart Rate Variability measures vagal tone - Heartmath (HRV) biofeedback

heartmath.com

Eco-meditation

Combines EFT, Heartmath, breathwork

eftuniverse.com Dawson Church PHD

Grounding

Connecting to the earth's frequency – Grounding moderates the ANS and positively affects cortisol.

earthing.com Clint Ober

Healing Herbs

Tea, Tinctures, broths, syrups, oxymel, capsules/pills

Mountainroseherbs.com

Brainspotting BioLateral Music – David Grand PHD

[Spotify](https://www.spotify.com)

Books:

Rewired – The Breakthrough Tapping Method to Stop Overthinking, Calm Your Body, and Finally Feel at Ease by Nick Ortner, Jessica Ortner, Alex Ortner (Released April 28)

Naturally – The Herbalist's Guide to Health and Transformation by Rachele Robinett