**STRESS RESOURCES**

**NYU resources:**

**Stressbusters**
Student rapid relaxation force trained to provide free five-minute backrubs and stress information to other students across campus
email: nyustressbusters@gmail.com
Facebook: www.facebook.com/nyustressbusters

**Wellness Exchange**
212-443-9999
www.nyu.edu/999

**Counseling**
212-998-4780
726 Broadway, Suite 471
www.nyu.edu/counseling

Relaxation Oasis of the Student Health Center
Free downloads for guided relaxation exercises, yoga pose references, and a list of mindfulness resources
www.nyu.edu/counseling

**NYU Generation Meditation**
Student organization focused on the benefits of mindfulness, including meditation, present-moment awareness and finding peace in everyday life
email: nyugenmed@gmail.com
Facebook: www.facebook.com/NYUGenerationMeditation

**Global Center for Spiritual Life**
212-998-4959
Email: spiritual.life@nyu.edu
238 Thompson St., 4th Floor
www.nyu.edu/spiritual.life

**Center for Multicultural Education and Programs**
212-998-4343
Kimmel Center for University Life
60 Washington Square South, Suite 806
www.nyu.edu/cmep

**LGBTQ Student Center**
212-998-4424
Kimmel Center for University Life
60 Washington Square South, Suite 602
www.nyu.edu/lgbt

**Moses Center for Students with Disabilities**
212-998-4980
726 Broadway, 2nd Floor
www.nyu.edu/csd

**Office of Global Services**
212-998-4720
561 LaGuardia Place and 5 MetroTech Center, Room 230
www.nyu.edu/ogs

**Other resources:**

**ULifeline**
An anonymous, confidential, online resource center, with searchable information about emotional health
www.ulifeline.org

**Mayo Clinic**
Stress management information and resources
www.mayoclinic.com/health/stress-management/MY00435

**National Sleep Foundation**
Sleep, sleep hygiene, and sleep disorder information
www.sleepfoundation.org

**Department of Health and Human Services Mental Health Information Center**
Information on mental health basics, disorders, how to talk to others, and how to get help
www.mentalhealth.gov

**National Institute of Mental Health**
Anxiety can be an underlying cause of stress. This website provides information on Anxiety Disorders

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**Stress relief apps to try:**

- **MindShift** – Free (iOS, Android)
  Learn how to relax, develop more helpful ways of thinking when you are anxious, and identify active steps to take charge of anxiety.

- **Happify** – Free/pay for upgrades (iOS, Android)
  Train yourself to disrupt patterns of negative thinking, manage stress, and build skills to overcome various life challenges.

- **Personal Zen** – Free (iOS)
  Built by a team of leading neuroscientists and mobile developers, this game retrained your brain to lower stress and anxiety.

- **Breathe2Relax** – Free (iOS, Android)
  This stress management tool has detailed information on effects of stress on the body and gives instructions for using diaphragmatic breathing for relaxation.

- **Headspace** – Free/pay for upgrades (iOS, Android)
  Guided meditations teach you how meditate on your own. Track your progress and keep tabs on your friends' practice. Paid upgrade unlocks access to hundreds of hours of additional meditations.