

## Miscellaneous Resources

Julian Appel - 2023-06-27 - Cancer Chat

### **Miscellaneous Resources**

The following are some resources recommended by our facilitators:

- [Self-help for sleep problems](#) - BC Cancer

Relaxation resources that might be helpful:

- Online relaxation recording: <https://soundcloud.com/phsabc/sets/>
- Mindfulness  
exercise: <https://www.mindful.org/beginners-body-scan-meditation/>
- HeadSpace - <https://www.headspace.com/>
- How to deal with  
stress <https://www.innerbody.com/how-to-deal-with-stress>

Other resources:

- [Nucare Manual](#)
- [Sleeping Well Manual](#)