

# **Health and Wellness for Individuals with Disabilities**

## **An Annotated Bibliography of On- Line Resources**

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## INTRODUCTION

Individuals with disabilities are interested in attaining and maintaining a healthy lifestyle. Participating in physical exercise and activity, maintaining good nutrition, managing stress, and creating social supports are important to promote health and wellness. Finding appropriate activity, wellness, and health promotion information that pertains to their unique needs can be challenging for individuals with disabilities, their families, and service providers. *Health and Wellness for Individuals with Disabilities: An Annotated Bibliography of On-Line Resources* contains easily accessible health and wellness information specifically geared for people with disabilities.

This bibliography contains links to an assortment of online documents, fact sheets, scientific reviews, and pamphlets for individuals through the life-span. The bibliography is divided into five sections: *General Health/Wellness, Nutrition, Physical Activity, Recreational Activities, and Stress*. Most of the resources are from non-profit community groups, government agencies, or university based programs and projects that focus on the health promotion and wellness for individuals with disabilities.

The primary audiences for the bibliography are individuals with disabilities, family members, and service providers. A wide array of formats is presented to meet specific needs of the reader. Most of the fact sheets are in family friendly formats. Some scientific reviews cited in the bibliography, geared to professionals may also be of interest to family members or care givers. Information in cartoon format is geared primarily to children and young adults.

It is my hope that this kind of information will become more easily available and is incorporated into comprehensive intervention plans and health and wellness programs. I would like to thank Peggy Belmont, PT of Fairfax County Public Schools and Sara Mumford, CTRS of Fairfax County Therapeutic Recreation Services for their inspiration and support for this project.

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March, 2007

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## GENERAL HEALTH/WELLNESS

This section contains specific information on a variety of general health-related topics. There are also several resources on philosophical issues surrounding health and wellness for people with disabilities.

### *Are You a Healthy Athlete?*

This pamphlet presents health oriented information in cartoon format for children. Topics covered include exercise, oral hygiene, and vision.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Are\\_You/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Are_You/default.htm)

### *Fit Facts*

This website contains hundreds of fact sheets on a variety of fitness and nutrition topics. Fact sheets include choosing a fitness trainer, exercising with health challenges, and cardiovascular, and strength training. The organization requests that you complete a form to ask for permission to reproduce the forms for distribution.

Source: American Council on Exercise

[http://www.acefitness.org/fitfacts/fitfacts\\_list.aspx](http://www.acefitness.org/fitfacts/fitfacts_list.aspx)

### *Fit Feet*

This child oriented pamphlet covers basic foot care in a cartoon format.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Fit\\_Feet/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Fit_Feet/Forms/default.htm)

### *Health Promotion: Can Disability, Chronic Conditions, Health and Wellness Coexist?*

This set of articles describe the importance of wellness in the context of disability. It also describes barriers in the community and the need for people with disabilities to engage in wellness behaviors.

Source: National Center on Physical Activity and Disability

[http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=106&section=804](http://www.ncpad.org/wellness/fact_sheet.php?sheet=106&section=804)

[http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=106&section=1358](http://www.ncpad.org/wellness/fact_sheet.php?sheet=106&section=1358)

[http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=106&section=1359](http://www.ncpad.org/wellness/fact_sheet.php?sheet=106&section=1359)

### *Nail Care*

This child oriented pamphlet covers basic nail care in a cartoon format.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Fit\\_Feet/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Fit_Feet/Forms/default.htm)

### *Sun Safety*

This pamphlet emphasizes the importance of sun safety.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Health\\_Promotion/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Health_Promotion/Forms/default.htm)

*The 2005 Surgeon General's Call to Action: to Improve the Health and Wellness of Persons with disabilities*

This pamphlet describes who people with disabilities are and describes general health guidelines.

Source: U. S. Department of Health and Human Services

<http://www.surgeongeneral.gov/library/disabilities/calltoaction/whatitmeanstoyou.pdf>

*Toward a Uniform Definition of Wellness: A Commentary*

This article describes the importance of a uniform definition of wellness that is multidimensional.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/pcpfs\\_research\\_digs.htm](http://www.fitness.gov/pcpfs_research_digs.htm)

*Women's Health: Special Considerations for Women with Spinal Cord Injuries and Disorders*

This pamphlet is a general health guide for women with spinal cord injuries and disorders that emphasizes preventative health care.

[http://www.unitedspinal.org/pdf/womens\\_health.pdf](http://www.unitedspinal.org/pdf/womens_health.pdf)

## NUTRITION

Nutrition is an important aspect of health for all people. These resources contain information to promote well balanced eating and meal preparation and the importance of variety in a healthy diet.

*Action List for Fat*

This fact sheet describes the importance of decreasing fat in diet.

Source: Federal Citizen Information Center

[http://www.pueblo.gsa.gov/cic\\_text/food/guideeat/Alistpg.html](http://www.pueblo.gsa.gov/cic_text/food/guideeat/Alistpg.html)

*Action List for Fruits and Vegetables*

This fact sheet discusses how to incorporate fruits and vegetables into diet.

Source: Federal Citizen Information Center

[http://www.pueblo.gsa.gov/cic\\_text/food/guideeat/fruitveg.html](http://www.pueblo.gsa.gov/cic_text/food/guideeat/fruitveg.html)

*Action List for Whole Grains*

This fact sheet discusses how to incorporate whole grains into diet.

Source: Federal Citizen Information Center

[http://www.pueblo.gsa.gov/cic\\_text/food/guideeat/grains.html](http://www.pueblo.gsa.gov/cic_text/food/guideeat/grains.html)

*Bone Builders*

This pamphlet describes the importance of calcium intake to promote strong bones.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Health\\_Promotion/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Health_Promotion/Forms/default.htm)

*Exercise and Weight Control*

This article describes the relationship between exercise and weight control.

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/exerciseweight.htm>

*Family Food and Fitness: A Guide to Healthy eating and Exercise*

This downloadable book is family friendly and includes practical ideas for incorporating nutrition and exercise into family life.

Source: Georgetown University Center for Child and Human Development

[http://gucchd.georgetown.edu/topics/early\\_childhood/object\\_view.html?objectID=6584](http://gucchd.georgetown.edu/topics/early_childhood/object_view.html?objectID=6584)

*Fast Facts about Sports Nutrition*

This fact sheet addresses nutritional concerns for athletes.

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/fastfacts.pdf>

*Fit Facts*

This website contains hundreds of fact sheets on a variety of fitness and nutrition topics. Fact sheets include choosing a fitness trainer, exercising with health challenges, and cardiovascular, and strength training. The organization requests that you complete a form to ask for permission to reproduce the forms for distribution.

Source: American Council on Exercise

[http://www.acefitness.org/fitfacts/fitfacts\\_list.aspx](http://www.acefitness.org/fitfacts/fitfacts_list.aspx)

*Give me 5*

This pamphlet describes how to incorporate 5 fruits and vegetables per day into the diet.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Health\\_Promotion/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Health_Promotion/Forms/default.htm)

*H<sub>2</sub>O to Go*

This pamphlet describes the importance of consuming adequate amounts of water.

Source: Special Olympics International

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy\\_Athletes/Health\\_Promotion/Forms/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Healthy_Athletes/Health_Promotion/Forms/default.htm)

*Nutrition*

This website contains a number of articles and fact sheets on nutrition. Topics covered include fatigue, specific diets for weight control and nutritional considerations for specific disabilities such as Down syndrome and multiple sclerosis.

Source: National Center on Physical Activity and Disability

<http://www.ncpad.org/nutrition/?PHPSESSID=0...>

*Nutrition and Disability*

This article addresses specific nutritional considerations for people with disabilities. It also discusses secondary conditions caused by inadequate nutrition.

Source: Montana Disability and Health Program  
<http://mtdh.ruralinstitute.umt.edu/Publications/Nutrition14.htm>

*Questions Most Frequently Asked about Sports Nutrition*

This pamphlet addresses nutritional concerns for those engaged in physical activity.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/faq.htm>

*Setting Goals for Weight Loss*

Pamphlet with practical tips on managing weight as well as web references.

Source: Partnership for Healthy Weight Management  
<http://www.consumer.gov/weightloss/setgoals.htm>

*10 Tips to Healthy Eating and Physical Activity for You*

Pamphlet on nutrition and physical activity for children ages 9-15 years old.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/10tips.htm>

*Winning Nutrition for Athletes*

Pamphlet on nutrition for athletes.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/nutrition.htm>

## **PHYSICAL ACTIVITY**

Physical activity is important for the maintenance of health and to prevent disease or further impairment. People with disabilities have additional barriers to physical activity that require specific modification. This collection of articles discusses issues that pertain to physical activity and considerations for people with disabilities.

*Adapted Yoga for Children with Disabilities*

This fact sheet discusses the benefits of yoga for children with disabilities.

Source: National Center on Physical Activity and Disability  
[http://www.ncpad.org/videos/fact\\_sheet.php?sheet=347](http://www.ncpad.org/videos/fact_sheet.php?sheet=347)

*Are People Physically Inactive Because of their Genes?*

This scientific article summarizes animal and human models of physical activity and gene research. Because of the genetic component of some diseases, a genetic component may exist for physical activity. However, physical activity prevents some diseases and directly affects mortality.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/digests/digest-june2006-lo.pdf>

*The Compendium of Physical Activities*

This scientific article summarizes research regarding the energy cost of specific physical activities as well as relates these activities to every day tasks.

Source: President's Council on Physical Fitness and Sports  
[www.fitness.gov/Reading\\_Room/Digests/Digest-June2003.pdf](http://www.fitness.gov/Reading_Room/Digests/Digest-June2003.pdf)

*Current Issues in Flexibility Fitness*

This scientific article summarizes the research on the benefits of stretching as well as current recommendations for stretching.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/digest600.pdf>

*Dose-Response Issues Concerning the Relations Between Regular Physical Activity and Health*

This scientific article summarizes the evidence on how much physical activity is necessary to receive benefits. The article suggests that there is a strong relationship between regular physical activity, mortality rates and incidence of disease.

Source: President's Council on Physical Fitness and Sports  
[http://www.fitness.gov/Reading\\_Room/Digests/september2002digest.pdf](http://www.fitness.gov/Reading_Room/Digests/september2002digest.pdf)

*Exercise/Fitness: Resistance Training for Individuals with Disabilities  
A Guide for Wheelchair Users.*

This article describes the unique needs for strength training for people who use wheelchairs. Includes information on muscle overuse syndromes, importance of posture and particular types of programming.

Source: National Center on Physical Activity and Disability  
[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=809](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=809)

*Fit Facts*

This website contains hundreds of fact sheets on a variety of fitness and nutrition topics. Fact sheets include choosing a fitness trainer, exercising with health challenges, and cardiovascular, and strength training. The organization requests that you complete a form to ask for permission to reproduce the forms for distribution.

Source: American Council on Exercise  
[http://www.acefitness.org/fitfacts/fitfacts\\_list.aspx](http://www.acefitness.org/fitfacts/fitfacts_list.aspx)

*Fitness Fundamentals: Guidelines for Personal Exercise Programs*

This easy to understand pamphlet describes the basics of starting an exercise program for adults.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/fitness.htm>

*Get Fit! A Handbook for Youth Ages 6-17*

This handbook describes the guidelines for President's Challenge on physical fitness including specific activities, monitoring progression and modifications for children with disabilities.

Source: President's Council on Physical Fitness and Sports  
<http://www.fitness.gov/getfit.08.01.pdf>

*Increasing Physical Activity in Communities: What Really Works?*

This article describes specific community health efforts to increase physical activity in communities, and makes specific recommendations as to what works.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/Reading\\_Room/Digests/Digest-December2003.pdf](http://www.fitness.gov/Reading_Room/Digests/Digest-December2003.pdf)

*Kids in Action*

This family friendly booklet describes how to promote physical fitness in children through activity and child oriented games.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/funfit/kidsinaction/kidsinaction\\_03.html](http://www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html)

*Making Sense of Multiple Physical Activity Recommendations*

This scientific article describes factors to consider when selecting appropriate physical activity.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/Reading\\_Room/Digests/pcpfsdigest1202.pdf](http://www.fitness.gov/Reading_Room/Digests/pcpfsdigest1202.pdf)

*Nolan Ryan Fitness Guide*

Resource booklet that contains general information on fitness, addressing barriers to exercise and guidelines for strength and aerobic activity.

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/nolanryan.htm>

*Parental Roles in Facilitating and Supporting an Active Lifestyle for a Child with a Disability*

This article discusses the importance of attitude, communication, and selecting appropriate activities for children with disabilities. Includes resource information on recreational activities.

Source: National Center on Physical Activity and Disability

[http://www.ncpad.org/lifetime/fact\\_sheet.php?sheet=450&view=all](http://www.ncpad.org/lifetime/fact_sheet.php?sheet=450&view=all)

*Physical Activity and the Stages of Motivational Readiness for Change Model*

This article describes the stages of motivational readiness for change. Professionals need to tailor interventions to the stage a person is at.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/Reading\\_Room/Digests/march2003digest.pdf](http://www.fitness.gov/Reading_Room/Digests/march2003digest.pdf)

*Physical Activity for Children: Current Patterns and Guidelines*

This research article summarizes research on the physical activity patterns of children.

Source: President's Council on Physical Fitness and Sports

[http://www.presidentschallenge.org/misc/news\\_research/research\\_digests/june04.pdf](http://www.presidentschallenge.org/misc/news_research/research_digests/june04.pdf)

*Progression and Resistance Training*

This article describes how to begin and progress a strength training program and includes a summary of current evidence in this area. The article speaks to the general population, but the information is applicable to adults in the general population as well as those with

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/Digest-September2005.pdf>

*A Report of the Surgeon General: Physical Activity and Health: At-A-Glance 1996*

Fact sheet that includes definitions and benefits of physical activity.

Source: U.S. Department of Health and Human Services

[http://www.fitness.gov/betterhealth/ppar\\_a02.pdf](http://www.fitness.gov/betterhealth/ppar_a02.pdf)

*A Report of the Surgeon General: Physical Activity and Health: Persons with Disabilities*

Fact sheet that emphasizes the need for physical activity for all people. People with disabilities are less likely to engage in physical activity but reap the same rewards with physical activity as other individuals.

Source: U.S. Department of Health and Human Services

<http://www.fitness.gov/disab.htm>

*A Report of the Surgeon General: Physical Activity and Health: The Link Between Physical Activity and Morbidity and Mortality*

This fact sheet describes the impact that physical activity has on health. It also describes the decreased morbidity and mortality associated with physical activity.

Source: U.S. Department of Health and Human Services

<http://www.fitness.gov/mm/mm.htm>

*Resistance Training Guidelines for Cerebral Palsy*

This article describes specific considerations for strength training exercise for individuals with cerebral palsy.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=813](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=813)

*Resistance Training Guidelines for Multiple Sclerosis*

This article describes specific considerations for strength training exercise for individuals with spinal cord injury.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=811](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=811)

*Resistance Training Guidelines for Post Polio Syndrome*

This article describes specific considerations for strength training exercise for individuals with post polio syndrome.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=812](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=812)

*Resistance Training Guidelines for Spinal Cord Injury*

This article describes specific considerations for strength training exercise for individuals with spinal cord injury.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=810](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=810)

*Resistance Training for Persons with Physical Disabilities*

This article summarizes information that specifically applies to resistance training for people with disabilities. Information specific to spinal cord injury, cerebral palsy, multiple sclerosis, physical disabilities and wheelchair users is also presented.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&view=all&PHPSESSID=33de3668ed15cbf24e53277f038707df](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&view=all&PHPSESSID=33de3668ed15cbf24e53277f038707df)

*Resistance Training Guidelines for Stroke*

This article describes specific considerations for strength training exercise for individuals with stroke.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&section=814](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&section=814)

*Tai chi*

Fact sheet on the benefits of tai chi.

Source: National Center for Physical Activity and Disabilities

[http://www.ncpad.org/lifetime/fact\\_sheet.php?sheet=42](http://www.ncpad.org/lifetime/fact_sheet.php?sheet=42)

*Tai chi for Health Purposes*

This article describes the benefits of Tai Chi.

Source: National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/taichi/D322taichi.pdf>

*Taking Steps toward Increased Physical Activity: Using Pedometers to Measure and Motivate*

This article summarizes research on the use of pedometers to measure physical activity.

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/pcpfsdigestjune2002.pdf>

*Tracking of Physical Activity across the Lifespan*

This article summarizes research about the importance of physical activity across the lifespan and the effect on health, quality of life and mortality. The article stresses the importance of maintaining physical activity during life transitions such as from childhood to adolescence, adolescence to adulthood and during adulthood.

Source: President's Council on Physical Fitness and Sports

<http://www.fitness.gov/sept2001digest.pdf>

*Yoga for Individuals with Disabilities*

This fact sheet discusses the benefits of yoga for people with disabilities. Includes links to specific exercises.

Source: National Center on Physical Activity and Disability

[http://www.ncpad.org/disability/fact\\_sheet.php?sheet=345](http://www.ncpad.org/disability/fact_sheet.php?sheet=345)

*Youth Resistance Training*

This article summarizes research on resistance training and children. The article describes benefits and guidelines.

Source: President's Council on Physical Fitness and Sports

[http://www.fitness.gov/Reading\\_Room/Digests/Digest-September2003.pdf](http://www.fitness.gov/Reading_Room/Digests/Digest-September2003.pdf)

## **RECREATIONAL ACTIVITIES**

Recreation provides opportunities for physical activity, social interaction, and participation in the community. This collection of on-line documents includes resources for a variety of activities.

*AMBUCS*

AMBUCS is a national, charitable organization that has programs to promote mobility and independence for people with disabilities. One of the programs consists of regional centers to assess people with disabilities for adapted tricycles. If an individual does not have funds to purchase a tricycle, they can be put on a "Wish List" for a trike. It usually takes 3-6 months to receive a funded tricycle.

[www.ambucs.com](http://www.ambucs.com)

*Directory of Disabilities Organizations*

Directory of resources to assist Girl Scout leaders and people in the community to include girls with disabilities in Girl Scouting.

Source: Girl Scouts of America

[http://www.girlscouts.org/for\\_adults/volunteering/disabilities\\_directory.pdf?store=bookshop&page=prodpages/leaders\\_guides.asp](http://www.girlscouts.org/for_adults/volunteering/disabilities_directory.pdf?store=bookshop&page=prodpages/leaders_guides.asp)

*Disability Sports*

The website has a host of information regarding issues that pertain to athletes with a disability including training information, adaptations, special equipment and resources.

Source: Michigan State University

<http://edweb6.educ.msu.edu/kin866/default.htm>

*Disabled Sports USA*

Resource on adaptive skiing and wounded warrior project

<http://www.dsusa.org/chapter-listing-va.html>

*Scouts with Disabilities and Special Needs*

This article describes the policy of the Boy Scouts on including children with disabilities in local scouting programs.

Source: Boy Scouts of America

<http://www.scouting.org/factsheets/02-508.html>

*Special Olympics*

This website is dedicated to enhancing participation in sporting activities for individuals with disabilities.

[www.specialolympics.org](http://www.specialolympics.org)

**STRESS**

The impact of stress on health and wellness is well documented. The following resources discuss the causes of stress, stress management techniques, and the mind body connection.

*Coping with Disability Related Stress*

This booklet contains information on the signs of stress, stress management skills, and resources to cope with stress specifically for people with disabilities.

Source: Florida Developmental Disabilities Council

<http://fdcc.org/LINKS/pdf/ENG.PDF>

*Helping Children Cope with Stress*

Strategies to assist children in coping with stress.

Source: North Carolina State University

<http://www.ces.ncsu.edu/depts/fcs/human/pubs/copestress.html#anchor244558>

*Meditation for Health Purposes*

A general introduction to meditation.

Source: National Center for Complementary and Alternative Medicine

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

*Mind Body Medicine Overview*

Information on the mind body connection is reviewed in this article.

Source: National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/backgrounds/mindbody.pdf>

*The Powerful Impact of Stress and Calm on Health, Behavior and Learning*

This article describes common stressors for children, the physiology of stress, and stress reduction techniques for children.

<http://www.newhorizons.org/spneeds/inclusion/teaching/tennant.htm>

*A Primer on Stress Management*

This article defines stress, life events that lead to stress, stress reduction and management strategies including progressive relaxation exercises, deep breathing, and visualization.

Source: National Center on Physical Activity and Disability

[http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=414&view=all&PHPSESSID=55de5ade34204f01b5526cf31b4d15e0](http://www.ncpad.org/wellness/fact_sheet.php?sheet=414&view=all&PHPSESSID=55de5ade34204f01b5526cf31b4d15e0)

*Strategies for Parents and Teachers: Strategies to Manage Stress in Children*

Practical information to assist children with managing stress.

Source: North Carolina State University

<http://www.ces.ncsu.edu/depts/fcs/human/disas3.html>

*Stress: Taking Charge*

Pamphlet on stress management in children.

Source: Iowa State University

<http://www.extension.iastate.edu/Publications/PM1660F.pdf>