

The Mind body labs: some online self-help tools

Some universities are presenting online resources called the Mind Body Labs. Those resources could be information sheets, audio and/or video exercises.

They aim at enhancing your wellness but do not replace a consultation with a health professional. If you feel in distress, do not hesitate to contact the AUI Counseling Services at: counselor@aii.ma.

Please find below some resources we found interesting. If you discover useful ones, don't hesitate to share them with us!

1. Ulifeline: your online resource for college mental health: <http://www.ulifeline.org>

The website is dedicated to college mental health and wellness.

The rubric "**The facts**" provides interesting fact sheets on different psychopathologies and issues such as:

- Alcohol & Drugs
- Anxiety Disorders
- Bipolar Disorder
- Borderline Personality
- Cutting
- Depression
- Eating Disorders
- Emotional Health
- Schizophrenia
- Stress
- Suicidal behavior.

The rubric "**Wellness**" offers information sheets on:

- [Sleep](#)
- [Exercise](#)
- [Nutrition](#)
- [Stress Management & Relaxation](#)
- [Connectedness & Healthy Relationships.](#)

2. The Counseling and Mental Health Center of the University of Texas at Austin: <https://cmhc.utexas.edu/mindbodylab.html>

At the bottom of this webpage, the Counseling and Mental Health Center of the University of Texas at Austin offers 9 audio exercises which will help you relax:

- Deep Breathing
- 3 Minute Breathing
- 4-7-8 Breath
- Muscle Relaxation
- Progressive Muscle Relaxation
- Cruise
- Forest
- Body Scan
- Sitting Meditation.

3. **The Loyola University, Maryland Counseling Center:**
<http://streamingmedia.loyola.edu/department/counselingcenter>

You'll find online 4 audio relaxation exercises:

- [Body Scan Sleep Relaxation](#)
- [Public Speaking Visualization](#)
- [Taking an Exam](#)
- [Guided Relaxation Videos](#)

4. **From New York University Calming Corner:** <http://www.nyu.edu/students/health-and-wellness/counseling-services/relaxation-oasis/calming-corner.html>

In its “**Calming Corner**”, the Counseling Services of NYU provides 9 audio relaxation exercises that you can do online and/or download:

- Anxiety Locator
- Body Awareness
- Body Scan
- Breath Awareness
- Chair Yoga
- Guided Meditation
- Progressive Muscle Relaxation and Guided Imagery
- Sweet Dreams
- Sweet Dreams (Extended Version)

Would you like to explore how yoga can help if you're feeling sad and/or anxious? Click on the following link and discover the Yoga room of NYU: <http://www.nyu.edu/students/health-and-wellness/counseling-services/relaxation-oasis/yoga-room.html>

5. **The Counseling Services of the University of Melbourne:**
<http://services.unimelb.edu.au/counsel/resources>

The counseling Services of the University of Melbourne has created a webpage dedicated to “**Information and Self-Help Resources**”.

Click on “**Audio Files**” (or the following link: <http://services.unimelb.edu.au/counsel/resources/audio>) and you'll find information and audio exercises (to be done online or downloadable) on the following topics:

- [Autogenic training](#)
- [Breath training](#)
- [Mindfulness](#)
- [Progressive Muscle Relaxation](#)
- [Progressive relaxation for couples or friends](#)
- [Self esteem](#)
- [Sleep](#)
- [Visualisation & guided imagery](#)

6. Active Minds: <http://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to utilizing the student voice to raise mental health awareness among college students. The organization develops and supports student-run chapters on colleges and university campuses that promote a dialogue around issues of mental health and educate the entire student body about available resources in and around the campus community.

The rubric “**Mental Health Resources**” offers online resources on:

- General Mental Health Information
- Student Resources
- Family Resources
- Administrator Resources.

7. Transition Year: <http://www.transitionyear.org>

The JED Foundation created the “**Transition Year**”, a website helping students to prepare and adjust to college life. You’ll find extensive resources for students and parents alike. The topics cover a broad range of issues: from adjustment challenges to psychological conditions.

For more information, please don’t hesitate to contact Counseling Services at Al Akhawayn University in Ifrane at counselor@au.ma.