

References: A Comprehensive Approach to Stress Management and Enhancing Well-Being

Presenter: Robin Arthur, PsyD

Additional Current References:

Please Note: The following resources have been included for members to view additional resources associated with this topic area. These resources were not used by the presenter when creating this course.

Canella, R., Fazia, T., & Gardi, C. (2025). Mindfulness-based stress reduction program improves psychological well-being and blood pressure in an Italian context: Potential mechanisms and benefits. *Psychology, Health & Medicine*. Advance online publication. <https://doi.org/10.1080/13548506.2025.2561740>

Gan, Y., Zhao, Z., Chen, Z., & Mao, Z.-X. (2025). Mindfulness contributing to physical activity engagement: Evidence from a follow-up study. *Psychology & Health*. Advance online publication. <https://doi.org/10.1080/08870446.2025.2571599>

Martins, F. J., Palmeira, L., & Matos, M. (2025). Effectiveness of compassion-based interventions for reducing stress in workers: A systematic review. *Mindfulness*, 16(6), 1490–1503. <https://doi.org/10.1007/s12671-025-02590-z>

Ramos Salazar, L., & Correa, P. (2025). Mindfulness, self-compassion and flow: Mediators of body satisfaction and mental wellness of university faculty. *Psychology, Health & Medicine*. Advance online publication.

Richardson, C., Husted, M., & Chorley, H. (2025). Brief mind-body interventions: Effects on mood and state mindfulness. *Mindfulness*. Advance online publication. <https://doi.org/10.1007/s12671-025-02692-8>