

Relaxation Resources:

Impact of stress on the brain:

<https://ed.ted.com/lessons/how-stress-affects-your-brain-madhumita-murgia>

"The Dream EZ app enables users to:

- Write and log a description of the nightmare
- Track when and how often the nightmare occurs
- Practice visualization techniques to rewrite the dream's plot and ending
- Record a new version of the dream, which can be played over and over before bedtime"

<http://www.health.mil/News/Articles/2016/05/05/New-DoD-mobile-app-helps-diffuse-nightmares-for-better-sleep>