

Mind Body Balance Citations

Defining Stress

- **Stress and multiple sclerosis**
 - Briones-Buixassa L, Milà R, M^a Aragonès J, Bufill E, Olaya B, Arrufat FX. Stress and multiple sclerosis: A systematic review considering potential moderating and mediating factors and methods of assessing stress. *Health Psychol Open*. 2015;2(2):2055102915612271. Published 2015 Nov 4. doi:10.1177/2055102915612271
 - Gold SM, Mohr DC, Huitinga I, Flachenecker P, Sternberg EM, Heesen C. The role of stress-response systems for the pathogenesis and progression of MS. *Trends Immunol*. 2005;26(12):644-652. doi:10.1016/j.it.2005.09.010
 - Briones-Buixassa L, Milà R, M^a Aragonès J, Bufill E, Olaya B, Arrufat FX. Stress and multiple sclerosis: A systematic review considering potential moderating and mediating factors and methods of assessing stress. *Health Psychol Open*. 2015;2(2):2055102915612271. Published 2015 Nov 4. doi:10.1177/2055102915612271
- **Stress and the immune system**
 - Dhabhar FS. Effects of stress on immune function: the good, the bad, and the beautiful. *Immunol Res*. 2014;58(2-3):193-210. doi:10.1007/s12026-014-8517-0

Effects of Stress on the Body

- **The Gut-brain axis & the microbiome**
 - Osadchiy V, Martin CR, Mayer EA. The Gut-Brain Axis and the Microbiome: Mechanisms and Clinical Implications. *Clin Gastroenterol Hepatol*. 2019;17(2):322-332. doi:10.1016/j.cgh.2018.10.002
- **Stress effect on body functions**
 - Yaribeygi H, Panahi Y, Sahraei H, Johnston TP, Sahebkar A. The impact of stress on body function: A review. *EXCLI J*. 2017;16:1057-1072. Published 2017 Jul 21. doi:10.17179/excli2017-480
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 - Dhabhar FS. Effects of stress on immune function: the good, the bad, and the beautiful. *Immunol Res*. 2014;58(2-3):193-210. doi:10.1007/s12026-014-8517-0

Building a Stress Management Routine

- **Biochemical effects of meditation**
 - Venditti S, Verdone L, Reale A, Vetriani V, Caserta M, Zampieri M. Molecules of Silence: Effects of Meditation on Gene Expression and Epigenetics. *Front Psychol*. 2020;11:1767. Published 2020 Aug 11. doi:10.3389/fpsyg.2020.01767