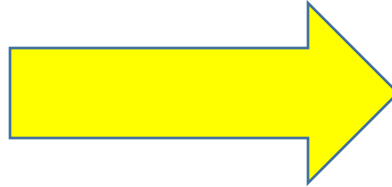




PDF and Video Resources and Skills for your Practice and Use

Scan here for access to the following resources:

- Leveraging Skills for Anger, Anxiety, and Sadness
- Mindfulness Exercises
- Positive Steps to Wellness
- Stress and Relaxation Management Exercise
- Social Support
- Sleep
- Time Management
- AND MUCH MORE!



Headspace Videos:

10-Minute Meditation to Reframe Stress: <https://www.youtube.com/watch?v=sG7DBA-mgFY>

Box Breathing (Practice Breathwork): <https://www.youtube.com/watch?v=a7uQXDkxEtM>

Changing Perspective – Meditation: <https://www.youtube.com/watch?v=iN6g2mr0p3Q>

Managing Anxious Thoughts and Stress with Mindfulness:
https://www.youtube.com/watch?v=EfubAj5f_rM

Quick Focus Reset Meditation (Regain Focus to Work, Study, or Get Tasks Done):
<https://www.youtube.com/watch?v=QtE00VP4W3Y>

RESET - Decompress Your Body and Mind:
<https://www.youtube.com/watch?v=QHkXvPq2pQE>

Short Meditation – Release Stress and Anxious Thoughts:
<https://www.youtube.com/watch?v=nFkHV7LfvUc>

Sleepcast for Deep Sleep: <https://www.youtube.com/watch?v=soQJrB732xM>