

Online Relaxation Guides

UCLA Mindful Podcast- Available for download on iTunes/Google Play by searching UCLA Mindful Meditations. A total of 8 episodes of short, easy to use relaxation prompts.

- Body and Sound Meditation (3 min)
- Body Scan for Meditation (3 min)
- Body Scan for Sleep (14 min)
- Loving Kindness Meditation (10 min)
- Complete Meditation Instructions (10 min)
- Meditation for Working with Difficulties (7 min)
- Breath, Sound, Body Meditation (12 min)
- Breathing Meditation (6 min)

Guided Visualization Available on YouTube by searching Relax for a While and selecting from multiple relaxing guided visualizations. Examples include:

- Sleepy Train Ride Guided Meditation for Sleep (30 min)
- Ocean Escape; with music (10 min)
- The Peaceful Forest (17 min)

Progressive Muscle Relaxation A relaxation activity involving selective tensing and relaxing of muscle groups in alignment with deep breathing. Below are several guides to progressive muscle relaxation that can be found on YouTube:

- How to do Progress Muscle Relaxation-Therapist Aid (6 min)
- 7 Minute Progressive Muscle Relaxation- Main Line Counseling Partners

