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**Progressive Muscle Relaxation – Guided**

<https://www.youtube.com/watch?v=EM-dvyOlPX0>

**Conducting a Body Scan**

<https://www.youtube.com/watch?v=dsmfIAyiois>

**Visualization – Guided Meditation**

<https://www.youtube.com/watch?v=PJhLCj1f4fE>

**7-Minute Guided Meditation You Can Do Anywhere**

<https://www.youtube.com/watch?v=6kVVrE_sCNA>

**Guided Meditation for Stress Relief & Serenity**

<https://www.youtube.com/watch?v=0RkMANbLWNY>

**Additional Websites and Apps for Your Smart Phone**

<https://www.mindful.org/> **Calm App Buddhify NatureSpace**

<https://www.headspace.com/> **10% Happier Happify InsightTimer**

**Mindfulness & Meditation Resources**

**ARE YOU FEELING STRESSED, OVERWHELMED, OR ANXIOUS DURING THE COVID-19 PANDEMIC?**

Perhaps you are starting to get a little “stir-crazy” staying inside? If so, it may be time to incorporate mindfulness and meditation into your daily life.

**HAVE NO FEAR – NATIONAL EAP IS HERE TO HELP!**

We have put together a list of mindfulness and meditation resources for you to try!

**NOT SURE IF MEDITATION IS RIGHT FOR YOU?**

As always, EAP Counselors are available 24/7 365 to provide you with support.

**Call Toll Free: 1-800-624-2593**

**Email:** [**info@nationaleap.com**](mailto:info@nationaleap.com)

[**www.nationaleap.com**](http://www.nationaleap.com)

