

Relaxation and Stress Relief, Meditation, Mindfulness and Yoga links

(CTRL+Click on the relevant links to access)

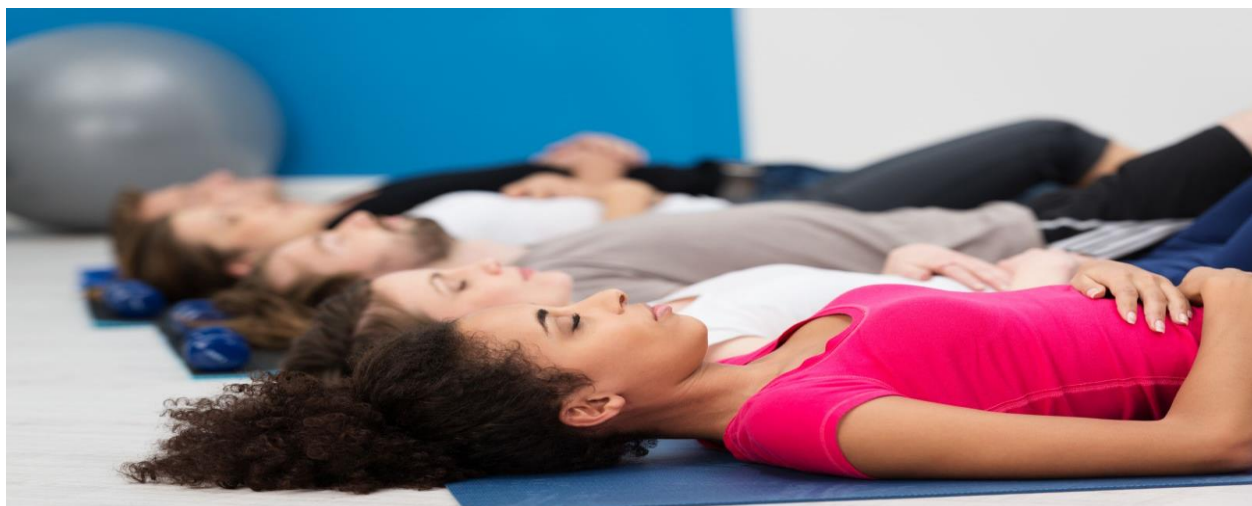
- Box breathing technique

[Box breathing relaxation technique: how to calm feelings of stress or anxiety](#)



- Article on breathing techniques

<https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques>



Meditations

- Goodful is an account on YouTube that offers many different meditation videos.



[Meditation](#)

[5-Minute Meditation You Can Do Anywhere](#)



[10-Minute Meditation For Stress](#)



[10-Minute Meditation To Start Your Day](#)



Mindfulness

- Mindful colouring is a great way to relieve stress

This is a copy of a colouring e-book that can be printed out

https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf

- Here is an article on 7 ways on how you can deal with the stress of exams

<https://www.ucl.ac.uk/news/2017/apr/7-tips-help-you-cope-exam-stress>

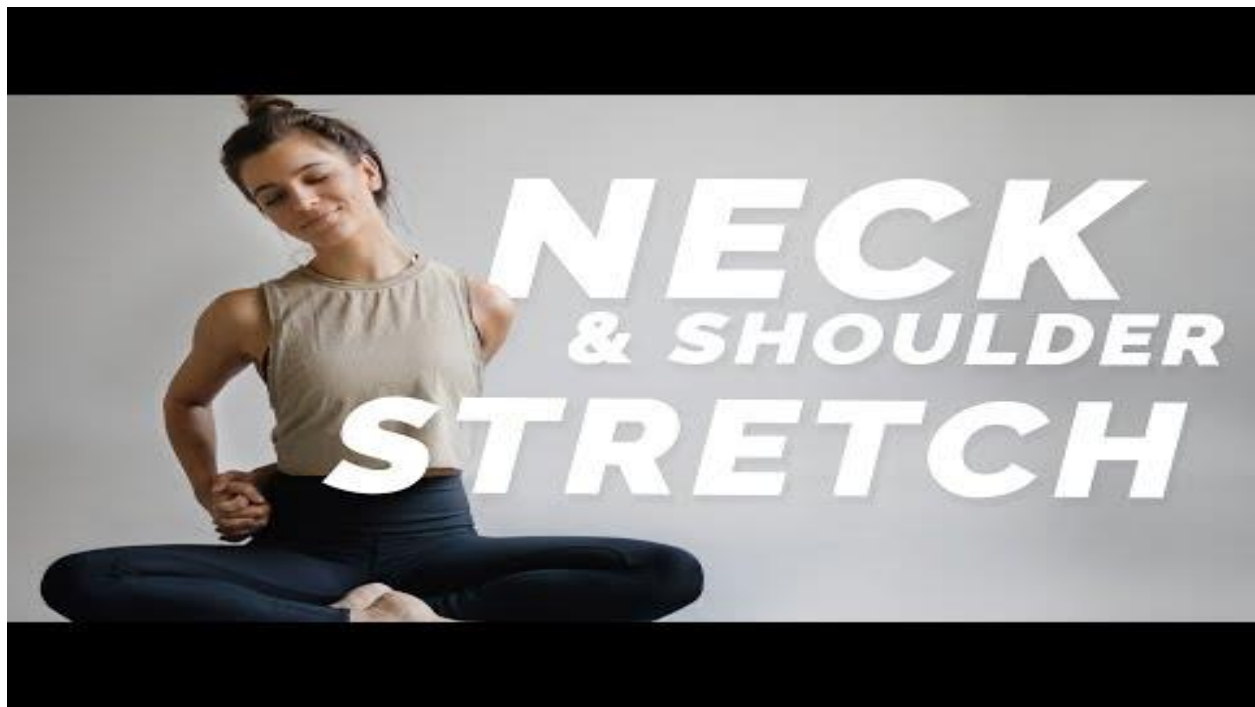
Yoga

- Yoga is also a great way that you can deal with stress

[20 min Full Body STRETCH/YOGA for STRESS & ANXIETY Relief](#)



- [Stretches for Neck, Shoulder & Upper Back Pain Relief | 10 min. Yoga to release Tension and Relax](#)



- [15 minute CALMING YOGA for Stress Relief and Anxiety](#)

