

You tube links to mindfulness meditations around 10 – 15 minutes duration

Breathing Meditations

<https://www.youtube.com/watch?v=zPgwQFU1Cwc>

<https://www.youtube.com/watch?v=67SeR3LxtdI>

Five senses grounding meditations

<https://www.youtube.com/watch?v=7o-oqjiLAOs>

https://www.youtube.com/watch?v=azG_EHKRqmk

Body scan meditations

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

<https://www.youtube.com/watch?v=pyy3dHW4cSw>

Progress muscle relaxations meditations

<https://www.youtube.com/watch?v=eoSvD7YQnNQ>

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Gratitude meditations

<https://www.youtube.com/watch?v=SZ2coj1fFec>

<https://www.youtube.com/watch?v=43TQpfBYvXY>

<https://www.youtube.com/watch?v=mMjOYxOCTo8>

Reduce stress and anxiety meditations

https://www.youtube.com/watch?v=t1rRo6cgM_E

Walking meditations

<https://www.youtube.com/watch?v=uzOh2ZZp3dg>

<https://www.youtube.com/watch?v=8D3oh2Rdvyw>

Movement meditations

<https://www.youtube.com/watch?v=E-gEO12BVNU>

<https://www.youtube.com/watch?v=rsOhPbsR3I4>

Positive thinking meditations

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

<https://www.youtube.com/watch?v=G2sWyUTL-so>

Mindful eating meditations

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

https://www.youtube.com/watch?v=pofiS_2Mzlo

Health anxiety meditations

<https://www.youtube.com/watch?v=joQOh-BZws>

https://www.youtube.com/watch?v=HT_ZvD94_kE

Relaxation music (3 hours)

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

<https://www.youtube.com/watch?v=IFcSrYw-ARY>