

Virtual Calming Resources

Click the boxes with images below for links to resources related to meditation, mindfulness, sounds/music and visual relaxation.

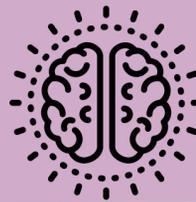
1 MINUTE MEDITATION



CAMPFIRE SOUNDS



3 MINUTE MINDFUL
BREATHING



5 MINUTE MEDITATION



OBSERVING YOUR
THOUGHTS



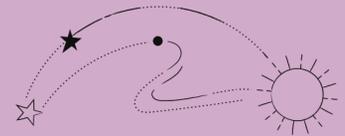
VIRTUAL FORREST
WALK



EVERYDAY MINDFULNESS



AMBIENT SOUNDS



your

feelings

are

valid

RELAXED BREATHING
TRAINING



VISUALIZATION:
OCEAN SCAPES



10 MINUTE
MINDFULNESS



VISUALIZATION:
EARTH FROM ABOVE



VISUALIZATION:
SPACE TRAVEL



RAIN SOUNDS



20 MINUTE
GROUNDING MEDITATION



BREATHE BUBBLE
PRACTICE

