



Additional Resources

- In no particular order
- I have no affiliation with any of these
- They have been randomly selected from the internet
- Please choose your own, as this is only a small selection as to what is available

Meditation

<https://www.tarabrach.com/guided-meditations/>

<https://insighttimer.com/guided-meditations>

<https://www.doyogawithme.com/yoga-meditation>

Visualizations

<https://www.innerhealthstudio.com/visualization-scripts.html>

<https://mindfulness Exercises.com/free-guided-meditation-scripts/>

Grounding

<https://www.calm.com/blog/5-4-3-2-1-a-simple-exercise-to-calm-the-mind>

<https://cosmiccuts.com/blogs/healing-stones-blog/grounding-exercises>