

# Meditation Resources

## CHECK OUT THESE LINKS FOR RELAXATION TIPS

### ▶ How to Mediate

- [https://www.youtube.com/watch?v=mMMerxh\\_12U](https://www.youtube.com/watch?v=mMMerxh_12U)

### ▶ Guided Breathe Work- ICE MAN

- <https://www.youtube.com/watch?v=tybOi4hjZFQ>

### ▶ Emotional Freedom Tapping

- <https://www.youtube.com/watch?v=xQ5l4My7D2l>

### ▶ Mindfulness Is a Superpower!

- <https://www.youtube.com/watch?v=w6T02g5hnT4>

### ▶ Vision Board How To

- <https://www.youtube.com/watch?v=jw8ZwoLqdPc>

### ▶ Manifestation Journal

- <https://www.youtube.com/watch?v=H3JDUaIFtMU>

