

Mind-Body Relaxation Resources

Integrative Medicine

Research suggests that mind-body medicine as a daily practice reduces the physical and emotional effects of the stress hormones and that this helps us to sleep better and stay healthier during times of increased stress.

Mind-body medicine comes in many forms, but each form gives you the ability to access a relaxation response in your body. This handout explains the relaxation techniques that we recommend and lists a video resource link for each one.

Visit the SCCA Patient Education channel on YouTube to watch a video playlist of the techniques described in this handout:
<https://scca.io/ShortMeditation>

All-in-one resource

Headspace

Headspace is an everyday mindfulness online healthcare company that has a variety of meditation resources including guided meditations, animations, articles, and videos. Their mission is to improve the health and happiness of the world. Many of their video resources are free to watch on YouTube. You can also visit the website or download the app to give meditation a try.

- Headspace: www.headspace.com

Resources by relaxation technique

Progressive Muscle Relaxation (PMR)

PMR is a relaxation technique to help release muscle tension that helps reduce stress and anxiety in your body. It can provide an immediate feeling of relaxation, but it's best to practice frequently and helps you become more aware of when you are experiencing tension and you will have the skills to help you relax.

- Psychologist World: <https://www.youtube.com/watch?v=i8o7yL23cvo>
- Therapist Aid: <https://www.youtube.com/watch?v=1nZEdqcGVzo>

Mindful breathing

Feel more settled and calm your mind by spending a few minutes focused on your breathing. This is a 5-minute mindful breathing meditation.

- Stop, Breathe & Think: <https://www.youtube.com/watch?v=nmFUDkj1Aqo>

Mindfulness meditation

Practice 10-minute Daily Calm mindfulness meditation as a self-soothing practice.

- Daily Calm: https://www.youtube.com/watch?v=XI_B45DpMLU



Qigong

Qigong (pronounced “chee-gong”) is a set of ancient Chinese exercises, which involves a combination of posture, movement, breathing, and other techniques. In his 20-minute video, linked below, Peter Deadman explains three qigong practices to help strengthen the lungs. In her video, linked below, Kseny offers qigong to help when you have a cold, cough or flu.

- Peter’s Qigong routine: <https://youtu.be/Nqn70lirWKc>
- Kseny’s Qigong routine: <https://youtu.be/RGpqjxkx3E>

Tai Chi

Leia Cohen teaches simple Tai Chi moves that will help you build strength and bring emotional, mental, and physical balance to your life. Follow along in her 5-minute *Tai Chi—easy for beginners* video.

- Taiflow website: <https://www.taiflow.com/>

Yoga

Yoga with Adriene videos show chair and mat yoga for yogis of all ages and levels.

- Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

Buddhist chanting

Enjoy the stress relieving effects of Buddhist chanting by watching a video of the Tibetan Buddhist Shrine Room installation located at Rubin Museum of New York. The room features the flickering butter lamps and meditative Buddhist chants typical of an affluent Tibetan Buddhist household.

- Chants for Meditation and Concentration: <https://www.youtube.com/watch?v=lb5LkBSsC7c>

For kids

Yes, even children feel stress. The Mind Yeti resources make mindfulness approachable for kids.

- Mind Yeti: <https://www.mindyeti.com/>
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