

STUDENT WELL-BEING: FREE ONLINE RELAXATION RESOURCES

Note: Please see our website where these resources are linked directly for you to click on:
<https://www.anu.edu.au/students/health-safety-wellbeing/mental-health/relaxation>

Breathing Relaxation:

- Padma Breathing Meditation (20 mins) – audio by a yoga teacher.
<http://www.youtube.com/watch?v=2TMLDyocYJ8>

Muscle Relaxation:

- Progressive muscle relaxation audio (10mins) by UNH Health Services for College students: <http://www.youtube.com/watch?v=PYsuvRNZfxE>
Useful search terms: *UNH progressive relaxation*
- Progressive muscle relaxation audio (13 mins) by Joanne D'Amico
<http://www.youtube.com/watch?v=2ZKNr-W9A1U>

Mindfulness

www.freemindfulness.org Free Resources - online audio guided exercises such as: Mindfulness of breath, brief mindfulness practices, body scan, sitting meditations, mindful movement.

www.mindfulness.org.au/guided-mindfulness-soundtracks
such as: Mindful check-in, breath meditation (short and long), body scan, mindfulness of emotions.

Mindfulness@ANU: <http://mindfulness.weblogs.anu.edu.au/meditations/>
Free Resources - online meditation audio files.

Unithrive: <http://www.adelaide.edu.au/uni-thrive/>
The University of Adelaide. Free online resources to help you thrive, revive, engage and connect.