



MEDITATION LINKS

Self-Compassion Meditations

<https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

Tools for Fostering Psychological Flexibility- CFT

<http://www.mindfulcompassion.com/meditations>

Body Scan

<https://www.youtube.com/watch?v=QS2yDmWk0vs>

Mindful Breathing

https://www.youtube.com/watch?time_continue=25&v=nmFUDkj1Aq0

Belly Breathing

<https://www.youtube.com/watch?v=c3YyjUmDapc>

Kidness Meditation

<https://www.youtube.com/watch?v=R2EOqFBCmy8&list=PLZnnWZRQ21N7M36luFgEjro9dMDpShP1I&index=2>

Gratitude Meditation

<https://www.youtube.com/watch?v=UHF8vLesRRc>

Progressive Muscle Relaxation Meditation

<https://www.youtube.com/watch?v=86HUcX8ZtAk>