





















# Top 10 Practices For Sleep

Top 10 tracks by certified mindfulness and mental health experts to help you improve your sleep and wake up more rested





















Bookmark

- **Mindful Body Scan for Relaxation and Sleep**  
Mark Coleman
- **Evening Gratitude And Relaxation**  
Michelle Kerr
- **End Of Day Meditation**  
Tramaine Cato
- **Sleep Ritual**  
Zoe Kanat
- **Progressive Muscle Relaxation For Sleep**  
Dr Lillian Nejad
- **Ease Insomnia**  
Andrea Wachter
- **Sleep Talk Down**  
Linda Hall
- **Restful Sleep**  
Tomek Wyczescany, Ph.D.
- **Deep Sleep Meditation**  
Andrew Johnson
- **iRest Yoga Nidra Meditation**  
Richard Miller

# Top 10 Practices For Anxiety

Top 10 expert-led practices to calm your nervous system, ease anxiety, and manage daily stress with greater resilience





















Bookmark

1.  **Let Go Of Worry And Anxiety**  
Ellen Hendriksen, PhD 
2.  **Relaxation For Busy People**  
Chantelle Diachina 
3.  **Mindfulness For Anxiety - Practice**  
Nick Begley 
4.  **Lovingkindness Meditation 10-Minute Practice**  
Sharon Salzberg 
5.  **The 3-Minute Breathing Space**  
Mark Williams 
6.  **Slow Down**  
Terri Cole 
7.  **The Only Place You Need To Be Is Here**  
Dora Kamau 
8.  **Visualize Your Happy Place**  
Koya Webb 
9.  **Letting Go Of Stress & Anxiety - 5 Min Daily Insight**  
Tara Brach 
10.  **Body Scan For When You Only Have A Few Minutes**  
Jud Brewer, MD PhD 

# Top 10 Practices For Depression

Top 10 gentle, expert-recommended practices to support you when you're feeling low and need a mood boost


Bookmark

- **Noticing & Acknowledging Your Emotions**  
Lama Rod Owens
- **The RAIN of Self-Compassion**  
Tara Brach
- **Healing Session For Depression**  
Andrea Wachter
- **Gratitude For All The Things**  
Terri Cole
- **Tender Self Compassion Break**  
Kristin Neff
- **Soothing And Settling The Body With The Breath**  
Lee David
- **Mindful Walking**  
Kathryn Remati
- **Reversing Depression**  
Shelley Klammer
- **The Emotional Body Scan**  
Dora Kamau
- **Breathing Meditation**  
Jack Kornfield



# Panic Attacks & Panic Disorder

Top 10 expert-lead practices to help you interrupt panic, regain a sense of safety, and build long-term resilience against sudden anxiety episodes



Bookmark

- 



**Panic Attack Stop With Breathing**  
Charlotte Cooper


- 



**Emergency Meditation For Panic Attacks**  
Stephan Wormland, MA


- 



**SOS Help For Stress & Anxiety.**  
Tomek Wyczęsany, PhD


- 



**SOS - Panic & Anxiety Relief Tool**  
Inge Wolsink


- 



**Self-Compassion**  
Kaira Jewel Lingo


- 



**Safe Place Imagery.**  
Dan Roberts


- 



**Grounding Practice For Panic**  
Compassionate Talk Therapy


- 


**4-7-8 Breathing Technique (With Music).**  
Tramaine Cato


- 

**Quick Anxiety Relief | Calm On-The-Go**  
Dr. Elisha Goldstein


- 

**Notice Three Things: Grounding Exercise**  
Charles Freligh, PhD




# Substance Abuse & Addictive Behaviors


Top 10 expert-guided practices to support recovery, reduce cravings, and strengthen your ability to make healthier choices


Bookmark

1.





**Moving Through Cravings (Short Version)**  
Barbara Gibson


2.





**Getting Comfortable With Discomfort With ACT**  
Diana Hill


3.





**Manage Alcohol Cravings With Ease**  
Gayle Macdonald


4.





**R.A.I.N. Meditation to Ease Cravings**  
Mary Tilson


5.





**Bringing Mindfulness to Habits of Craving**  
Hugh Byrne


6.





**A Letter For Self-Forgiveness**  
Alex Elle


7.





**Relaxation Response Meditation For Addiction**  
Nick Kientsch


8.





**Explore Cravings Through Sensation Awareness**  
Beth Burgess


9.




**Future Self Practice**  
Dr Angele Close


10.























**Urge Surfing Mindfulness To Break Bad Habits**  
Naomi Goodlet



# Daily Mindfulness

Top 10 expert-led sessions to build consistency, reduce stress, and strengthen everyday presence





















Bookmark

1.  **Be Here Now**  
Terri Cole 
2.  **Create What Brings You Joy**  
Koya Webb 
3.  **Mindfulness Of Body And Breath**  
Mark Williams 
4.  **Breathwork With Dr. Diana Hill**  
Diana Hill 
5.  **The RAIN of Self-Compassion**  
Tara Brach 
6.  **Awareness Meditation**  
Chibs Okereke 
7.  **Mindful Walking**  
Kathryn Remati 
8.  **Mindfulness Of Breath: 5 Minutes**  
Dan Roberts 
9.  **Notice Three Things: Grounding Exercise**  
Charles Freligh, PhD 
10.  **Loving Kindness On The Go**  
Manoj Dias 

# Burnout & Chronic Fatigue

Top 10 restorative practices from mental health experts to help you recover from burnout and replenish your energy

Bookmark





















- **Breathing Through Burnout**  
Brittany Pollard
- **Lovingkindness Meditation 6 Minute Practice**  
Sharon Salzberg
- **Progressive Muscle Relaxation**  
Marianne Cook, EdD, LICSW
- **5 Senses Grounding Meditation**  
Colleen Barrows
- **4-7-8 Breathing Technique**  
Tramaine Cato
- **Self-Friendliness & Grounding For Inner Strength**  
Elizabeth Pyjov
- **Basic Body Scan & Breath Awareness**  
Tara Brach
- **A Relaxing Meditation For Burnout Healing**  
Dr. Camilla Moore
- **Gentle Healing Muscle Relaxation For Burnout**  
Neil Tranter
- **Yin Yoga For Burnout**  
Ali Temple



# Nervous System Regulation

Top 10 practices from mental health experts to help you  
restore emotional balance and find calm

Bookmark





















- **Breath Meditation**  
Sharon Salzberg
- **Somatic Experiencing® Meditation To Ground Yourself**  
Anahita Navab Holden
- **Body Scan For Somatic Awareness**  
Dr Luke Sniewski
- **Body Discomfort Titration Practice**  
Tatyana Kholodkov
- **Vagal Nerve Meditation**  
David Hayden
- **4-7-8 Breathing Technique**  
Tramaine Cato
- **Orienting Practice For Becoming Present**  
Bhanu Harrison
- **Grounding Energy Meditation**  
Manoj Dias
- **Vagus Nerve Breathing Meditation**  
Camilla Sacre-Dallerup
- **Breathing To Create Psychological Shift Of Experience - Polyvagal Theory**  
The BioMedical Institute of Yoga and Meditation



# Trauma

Top 10 practices from mental health experts to support trauma recovery  
and foster emotional resilience




















Bookmark

1.  **Trauma Healing - Rebuilding Trust In Yourself**  
Dr. Megan Kirk Chang 
2.  **Working With Emotions In the Body: Soften, Soothe, Allow**  
Kristin Neff 
3.  **You Are Supported**  
Barbara 
4.  **Tending Your Trauma - Anchor Meditation For Regulation**  
Bhanu Harrison 
5.  **Breathwork For Deep Healing**  
Kirsty Lyon 
6.  **Intergenerational Healing & Resilience for BIPOC Community**  
Dr. Mariel Buqué 
7.  **Calming Guided Trauma-Informed Yoga Practice**  
Doris Müllner 
8.  **Deep Somatic Trauma Healing**  
Radhe Lesny LMFT, SEP 
9.  **Dropping Anchor In A Storm**  
Lee David 
10.  **I Am Not My Trauma**  
Naomi Goodlet 

# Mindful Relationships

Top 10 expert-backed practices to deepen connection, improve communication, and build healthier, more compassionate relationships

Bookmark

1.  **Loving Kindness On The Go**  
Manoj Dias 
2.  **Communicating Within Intimate Relationships**  
Greer Alexandra 
3.  **Mindful Listening**  
Tamara Russell 
4.  **Practice Of Patience: A Meditation To Navigate Uncertainty**  
Anne-Marie Emanuelli 
5.  **On Forgiveness**  
Ruth King 
6.  **A Practice Of Mindful Listening**  
Anna Parker-Naples 
7.  **Gentle Boundary Meditation**  
Terri Cole 
8.  **Meditation For Conflict**  
Chelsea Pottenger 
9.  **The Emotional Body Scan**  
Dora Kamau 
10.  **Five Senses Gratitude Practice**  
Lee David 