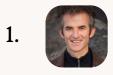
# **Top 10 Practices For Sleep**

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

Bookmark



<u>Mindful Body Scan for Relaxation and Sleep</u>

Mark Coleman



2.

**Evening Gratitude And Relaxation**Michelle Kerr



3.

End Of Day Meditation
Tramaine Cato



4.

Sleep Ritual
Zoe Kanat



5.

<u>Progressive Muscle Relaxation For Sleep</u>
Dr Lillian Nejad



6.

Ease Insomnia
Andrea Wachter



7.

Sleep Talk Down Linda Hall



8.



Restful Sleep Tomek Wyczesany, Ph.D.



9.



<u>Deep Sleep Meditation</u> Andrew Johnson





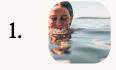
<u>iRest Yoga Nidra Meditation</u> Richard Miller



## **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



Let Go Of Worry And Anxiety

Ellen Hendriksen, PhD



2.



Relaxation For Busy People

Chantelle Diachina



3.



<u>Mindfulness For Anxiety - Practice</u>

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.



<u>Letting Go Of Stress & Anxiety - 5 Min Daily Insight</u>

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



2.

The RAIN of Self-Compassion
Tara Brach



3.

Healing Session For Depression
Andrea Wachter



4.

Gratitude For All The Things
Terri Cole



5.

<u>Tender Self Compassion Break</u> Kristin Neff



6.

Soothing And Settling The Body With The Breath Lee David



7.

Mindful Walking
Kathryn Remati



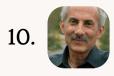
8.

Reversing Depression
Shelley Klammer



<u>The Emotional Body Scan</u> Dora Kamau





Breathing Meditation

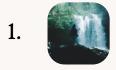
Jack Kornfield



### 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



2.



Emergency Meditation For Panic Attacks
Stephan Wormland, MA



3.



SOS Help For Stress & Anxiety
Tomek Wyczesany, PhD



4.



SOS - Panic & Anxiety Relief Tool Inge Wolsink



5.



Self-Compassion
Kaira Jewel Lingo



6.



Safe Place Imagery

Dan Roberts



7.



Grounding Practice For Panic
Compassionate Talk Therapy



8.



<u>4-7-8 Breathing Technique (With Music)</u>
Tramaine Cato



9.



<u>Quick Anxiety Relief | Calm On-The-Go</u> 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



<u>Moving Through Cravings (Short Version)</u>
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.



<u>A Letter For Self-Forgiveness</u> Alex Elle



7.



<u>Relaxation Response Meditation For Addiction</u>
Nick Kientsch



8.



<u>Explore Cravings Through Sensation Awareness</u>
Beth Burgess



9.



Future Self Practice
Dr Angele Close





<u>Urge Surfing Mindfulness To Break Bad Habits</u>
Naomi Goodlet



# **Daily Mindfulness**

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

Bookmark



Be Here Now Terri Cole



2.

<u>Create What Brings You Joy</u> Koya Webb



3.



<u>Mindfulness Of Body And Breath</u> Mark Williams



4.



Breathwork With Dr. Diana Hill
Diana Hill



5.



The RAIN of Self-Compassion
Tara Brach



6.



<u>Awareness Meditation</u> Chibs Okereke



7.



Mindful Walking
Kathryn Remati



8.



Mindfulness Of Breath: 5 Minutes

Dan Roberts



9.



Notice Three Things: Grounding Exercise
Charles Freligh, PhD





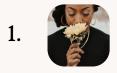
<u>Loving Kindness On The Go</u> Manoj Dias



# **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





<u>Lovingkindness Meditation 6 Minute Practice</u> Sharon Salzberg



3.



<u>Progressive Muscle Relaxation</u>
Marianne Cook, EdD, LICSW



4.



<u>5 Senses Grounding Meditation</u>
Colleen Barrows



5.



**4-7-8 Breathing Technique**Tramaine Cato



6.



<u>Self-Friendliness & Grounding For Inner Strength</u> Elizabeth Pyjov



7.



<u>Basic Body Scan & Breath Awareness</u>
Tara Brach



8.



A Relaxing Meditation For Burnout Healing
Dr. Camilla Moore



9.



<u>Gentle Healing Muscle Relaxation For Burnout</u> Neil Tranter





<u>Yin Yoga For Burnout</u> Ali Temple



# **Nervous System Regulation**

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

1.



**Breath Meditation** Sharon Salzberg

Anahita Navab Holden



Bookmark

2.



Somatic Experiencing® Meditation To Ground Yourself



3.



**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



7.



Orienting Practice For Becoming Present

Bhanu Harrison



8.



**Grounding Energy Meditation** 

Manoj Dias



9.



Vagus Nerve Breathing Meditation

Camilla Sacre-Dallerup



10.



**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



Trauma Healing - Rebuilding Trust In Yourself Dr. Megan Kirk Chang





Working With Emotions In the Body: Soften, Soothe, Allow Kristin Neff



3.



You Are Supported Barbara





Tending Your Trauma - Anchor Meditation For Regulation



Bhanu Harrison

5.



**Breathwork For Deep Healing** 



Kirsty Lyon





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





**Dropping Anchor In A Storm** 

Lee David





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



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



On Forgiveness Ruth King





A Practice Of Mindful Listening





7.



**Gentle Boundary Meditation** 

Terri Cole



8.



**Meditation For Conflict** 

Chelsea Pottenger





The Emotional Body Scan

Dora Kamau





Five Senses Gratitude Practice

Lee David

