



Here4TN Videos

Well-Being

- [Prediabetes: Healthy Changes You Can Make](#) (2.5 minutes)
- [Headaches: Avoiding Triggers](#) (1.5 minutes)
- [The Pain-Mood Connection](#) (1.5 minutes)
- [Sleep and Your Health](#) (1.5 minutes)
- [A Good Support System is Important](#) (2 minutes)
- [Substance Use and Coping](#) (3 minutes)

Financial

- [Financial Webinars](#)

Heart Health

- [Preventing Coronary Artery Disease](#) (1.75 minutes)

Mindfulness

- [Changing Negative Thoughts](#) (1.5 minutes)
- [Overcoming Barriers to Practicing Mindfulness](#) (3.5 minutes)
- [Mindfulness: Practice Breathing](#) (3.5 minutes)
- [Relaxation Exercise: Deep Breathing](#) (2 minutes)
- [Relaxation Exercise: Guided Imagery](#) (3.5 minutes)
- [How to Stop Negative Thoughts](#) (1 minute)

Stress Management

- [Stress Management: Progressive Muscle Relaxation](#) (5 minutes)
- [Stress Management: Relaxing Your Muscles](#) (7 minutes)
- [Stress Management: Roll Breathing](#) (4.5 minutes)
- [Stress Management: Using Yoga to Relax](#) (3 minutes)

Tobacco Cessation

- [Quitting Smoking: The Rewards Start Now](#) (2 minutes)

- [How Secondhand Smoke Affects Your Child](#) (2 minutes)

Weight Management

- [BMI, Waist Size, and Your Health](#) (1.5 minutes)
- [Healthy Weight: Make Your Plan](#) (2.5 minutes)