

# Meditation Video Resources

[Relaxing Meditation Videos That Are Guaranteed to Chill You Out](#) (Good Housekeeping)

## 5-minute Videos

- [Meditation You Can Do Anywhere](#) (Goodful)
- [Guided Meditation to Develop Patience](#) (Live Sonima)

## 6-minute Videos

- [Guided Meditation: Relax & Relieve Stress](#) (Live Sonima)
- [Guided Meditation on Gratitude with Deepak Chopra](#) (Live Sonima)
- [Guided Meditation to Manage Stress with Deepak Chopra](#) (Live Sonima)

## 10-minute Videos

- [Daily Calm | Meditations Playlist](#) (9 videos, Calm)
- [Meditation for Anxiety](#) (Goodful)
- [Feeling Grateful and Full of Gratitude Guided Meditation](#) (Great Meditation)
- [10-minute Meditation to Reframe Stress](#) (Headspace)
- [Frustrated? Cool Down and Get Peace of Mind with this Quick Meditation](#) (Headspace)
- [A Guided Breath Meditation for Beginners](#) (Live Sonima)
- [Guided Meditation for Self-Compassion](#) (Live Sonima)
- [Meditation for Inner Peace](#) (Yoga with Adriene)

## Additional Resources

- [Emotional Wellbeing Solutions](#): Master's level specialists are available around the clock to assist with stress, legal, financial, mediation and work/life services. Simply call 855-437-3486 or go to [Here4TN.com](#) to obtain your preauthorization.
- [Self Care by AbleTo](#): On-demand help for reducing worry, stress and improving mood. Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere.
- [Sharecare's Unwinding Anxiety](#): This 30-day program consists of short daily exercises to help you learn how your mind works, so you can change your habits around anxiety.