



Meditation

Video Resources

[This 4-Minute Meditation May Reduce Your Stress](#) (Good Housekeeping US)

5-Minute Videos

- 1) [5-Minute Meditation You Can Do Anywhere](#)
- 2) [Guided Meditation to Develop Patience](#) (Live Sonima)

[Guided Meditation: Relax & Relieve Stress in 6 Minutes](#)

[Guided Meditation on Gratitude with Deepak Chopra](#) (6:21)

[Guided Meditation to Manage Stress with Deepak Chopra](#) (6:14)

10-Minute Videos

- 1) Calm
 - a. [Daily Calm | 10-Minute Meditations Playlist](#) (9 videos)
- 2) Goodful
 - a. [10-Minute Meditation for Anxiety](#)
- 3) Headspace
 - a. [STRESSED? Learn to reframe stressful situations with this short meditation.](#) (10:10)
 - b. [Frustrated? Cool Down and Get Peace of Mind with this Quick Meditation](#) (10:08)
- 4) Live Sonima
 - a. [A Guided Breath Meditation for Beginners](#)
 - b. [10-Minute Guided Meditation for Self-Compassion](#)
- 5) Yoga with Adriene
 - a. [Meditation for Inner Peace](#) (11:28)

Additional Resources

- **EAP Services:** 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.
- **Be aware of stress.** Look for ways to relax, such as deep breathing, stretching or meditation. There are also apps that can help you deal with stress such as [Sanvello](#). Sanvello is an on-demand mobile app to help with stress, anxiety and depression.