View some of the following YouTube.com videos to help you cope with stress, to increase your positive thinking, relaxation, meditation, or mindfulness. Try to watch them all and see which of them help you feel better.

Ten Tips for Stress Management 2:14 min <http://www.youtube.com/watch?v=xOpZU320v5E>

Succeed with a Positive Attitude 1:00 min <http://www.youtube.com/watch?v=yvtUByxnrGU>

42 Ways to Celebrate and Enjoy Life 5:10 min <http://www.youtube.com/watch?v=xBqsWDaUdHM>

Believe in Yourself 3:42 min <http://www.youtube.com/watch?v=YdpHaKkbmGk>

K’NAAN Wavin’ Flag Celebration Mix 3:75 min <http://www.youtube.com/watch?v=WTJSt4wP2ME>

There is Hope (Meditation) 3:31 min <http://www.youtube.com/watch?v=f7EuSeRBMnk>

What is Mindfulness? 1:59 min <http://www.youtube.com/watch?v=HCnB5i0ToUc>

Stress – Let Go & Be in Flow of Life 3:08 min <http://www.youtube.com/watch?v=dMGOuHwfnFQ>

Forgiveness & Freedom of Letting Go 4:02 min <http://www.youtube.com/watch?v=3D4VMZb8wLY>

I Am Grateful 4:11 min <http://www.youtube.com/watch?v=VtoGY6zMXGM>

Inspirational Video: Don’t Quit Poem 2:02 min <http://www.youtube.com/watch?v=VkCFeNeqyHk>

Yiruma - River Flows in You 3:05 min <http://www.youtube.com/watch?v=F-4wUfZD6oc>

Relax – Zen Garden Kokin Gumi 7:09 min <http://www.youtube.com/watch?v=CR3dM-GlZK8>

Eric Whitacre Virtual Choir –Lux Arumque 6:20 min <http://www.youtube.com/watch?v=D7o7BrlbaDs>