

Ways of Coping: Video List

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=YdpHaKkbnGk
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-GIZK8
Eric Whitacre Virtual Choir –Lux Arumque	6:20 min	http://www.youtube.com/watch?v=D7o7BrlbaDs