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.

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

The Pandas: Belly of the Whale 5:11 min <http://www.youtube.com/watch?v=TWTFKihlhLQ>

20 Words to Change Your Life 4.29 min <http://www.youtube.com/watch?v=PLZxJZ70MQ4>

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

The Interlude Dance (Original) 3:52 min <http://www.youtube.com/watch?v=0cuS_31zJ6U>

The Gratitude Dance (Original) 3:25 min <http://www.youtube.com/watch?v=R9z2ELaBVJY>

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>

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

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