**Mindfulness and Mental Health**

**Introduction**

How to meditate for beginners: <https://www.youtube.com/watch?v=JslvBcIVtDg>

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The science behind meditation: <https://www.youtube.com/watch?v=VTA0j8FfCvs>

Meditating with beginners mind: <https://www.youtube.com/watch?v=pDm_na_Blq8&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=9>

Why mindfulness is a superpower <https://www.youtube.com/watch?v=w6T02g5hnT4>

**Hints and Tips**

Letting go of effort: <https://www.youtube.com/watch?v=wyj8l9miy4w>

The impatient yogi: <https://www.youtube.com/watch?v=TgfycCiZl8s>

Slow and steady: <https://www.youtube.com/watch?v=rpJYACy8ZoI>

Changing perspectives: <https://www.youtube.com/watch?v=iN6g2mr0p3Q>

Underlying calm: <https://www.youtube.com/watch?v=F0WYFXxhPGY>

Brilliant things happen in clam minds: <https://www.youtube.com/watch?v=lACf4O_eSt0>

Understanding dark thoughts: <https://www.youtube.com/watch?v=L7u5N2MfTNU>

Training the monkey mind: <https://www.youtube.com/watch?v=qxyVCjp48S4&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=3>

Accepting the mind: <https://www.youtube.com/watch?v=qUcC71-W9Os&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=4>

The noting technique: <https://www.youtube.com/watch?v=FjI9v-VYwZY&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=5>

Find your natural confidence: <https://www.youtube.com/watch?v=PO6OPT78OwQ&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=10>

The hole in the road: <https://www.youtube.com/watch?v=vQxTUQhVbg4&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=7>

Why focus on the happiness of others: <https://www.youtube.com/watch?v=vFL5NVkn-CY&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=11>

Finding balance in the mind: <https://www.youtube.com/watch?v=Mb19Ee8Dino&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=12>

**Meditation**

5-minute meditation <https://www.youtube.com/watch?v=inpok4MKVLM>

10-minute meditation <https://www.youtube.com/watch?v=d4S4twjeWTs>

Stressed meditation <https://www.youtube.com/watch?v=sG7DBA-mgFY&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=22>

Reflection meditation <https://www.youtube.com/watch?v=dCLYt8ixbmY&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=23>

Frustrated meditation

<https://www.youtube.com/watch?v=cZJAsW_5SRA&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=32>

Mindful breathing <https://www.youtube.com/watch?v=nmFUDkj1Aq0>

Body scan <https://www.youtube.com/watch?v=QS2yDmWk0vs>

Relax, ground and clear <https://www.youtube.com/watch?v=zoCfRlKg3nM>

Counting breaths <https://www.youtube.com/watch?v=XUOUidfOpJ0>

Lion mind meditation <https://www.youtube.com/watch?v=02JJc_zmWyE&list=RDCMUCkB9zEEqnP9kMIf5VChd99Q&index=22>

**Yoga**

Morning yoga

Long: <https://www.youtube.com/watch?v=OMu6OKF5Z1k>

Short: <https://www.youtube.com/watch?v=4pKly2JojMw>

Yoga for anxiety and stress <https://www.youtube.com/watch?v=OMu6OKF5Z1k>

Night time yoga

Long: <https://www.youtube.com/watch?v=v7SN-d4qXx0>

Short: <https://www.youtube.com/watch?v=BiWDsfZ3zbo>

30 minute yoga for all

<https://www.youtube.com/watch?v=g13nVd7OLYs>

**Sleep**

Switching off: <https://www.youtube.com/watch?v=3o9etQktCpI&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=2>

Why modern life needs space: <https://www.youtube.com/watch?v=GXMtMzsaBOg&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=8>

Sleeper mountain: <https://www.youtube.com/watch?v=20sqe5VRBxE&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=16>

Rainday antiques: <https://www.youtube.com/watch?v=9OHvPNatlBc&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=17>

Beachcomber: <https://www.youtube.com/watch?v=soQJrB732xM&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=19>

Midnight Laundrette: <https://www.youtube.com/watch?v=9oDt2Qkc2jQ&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=20>

Down River: <https://www.youtube.com/watch?v=1q-6d28M0dg&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=25>

Doze: <https://www.youtube.com/watch?v=KVpKsaeG3IE&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=27>

Sleep Music: <https://www.youtube.com/watch?v=4zZLsZmxiEM&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=30>

Sleep music – waves: <https://www.youtube.com/watch?v=f77SKdyn-1Y&t=304s>

Calming Music: <https://www.youtube.com/watch?v=2RTZNLL0wss&t=367s>

Calming sleep music: <https://www.youtube.com/watch?v=iloh1SUe42g>

Moonlight Library: <https://www.youtube.com/watch?v=vbPe86blTpM&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=33>

**Coordination Challenges**

Juggling two balls (or items): <https://www.youtube.com/watch?v=rDZLR_1ut6E>

Juggling three balls (or items): <https://www.youtube.com/watch?v=JZmmOdnljG4>

Juggling two balls in one hand: <https://www.youtube.com/watch?v=7DKaWwRo-EI>

Juggling four balls: <https://youtu.be/zCdras1sEvA>