

Resources

Many short guided meditations for de-stressing:

<https://soundcloud.com/discover>

Many free short guided meditations:

<https://www.freemindfulness.org/>

More information about Open-Focus Brain:

<https://openfocus.com/home>

This YouTube link gives a clear explanation of brains states and Open-Focus Brain:

<https://youtu.be/WJrpf5OM8cI?si=l36F8DDeBPEUZAI3>

EFT - Emotional Freedom Technique - some clinical information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>

The Tapping Solution:

<https://www.thetappingsolution.com/>

Breathing Techniques - This is a long article which goes into much scientific detail about the impact of deep slow breathing on the body's various systems, such as cardiovascular, digestion, etc.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5709795/>

Qi Gong

<https://www.youtube.com/watch?v=v5JKzx2WSGk>

<https://www.robertpeng.com/>

Yoga

<https://www.doyogawithme.com>

Apps

There are many APPS with guided meditations.

Insight Timer has guided meditations/binaural beats music/etc.

The Tapping Solution also has an app.