Chapter 4 Relaxation Techniques

Guided Relaxation - Progressive Muscle Relaxation Video (11:22)

<https://www.youtube.com/watch?v=intVpw4LhMY>

<https://www.youtube.com/watch?v=2ZKNr-W9A1U>

Progressive Muscle Relaxation (WITH Music) (15:52)

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Progressive Muscle Relaxation For Management of Anxiety and Stress (Long Version WITH Music) (20:36)

<https://www.youtube.com/watch?v=6053dnI4Rxg>

Relaxation Meditation - Forest Imagery 14:00

<https://www.youtube.com/watch?v=yn3QnQHPVrY>

A Meditation for Stress Relief & Anxiety: Walk Along the Beach Guided Meditation Visualization (24:41)

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