

Relaxation Techniques Resources

- **YouTube videos**

- NHS Foundation Progressive Muscle Relaxation
 - <https://www.youtube.com/watch?v=912eRrbes2g>
- Boston Medical Progressive Muscle Relaxation
 - <https://www.youtube.com/watch?v=TQ9kTYOwtks>

- **APPS**

- Mindbody
- 10% HAPPIER
- SLEEP CYCLE
- PZIZZ
- 7 CUPS
- CALM
- HEADSPACE Up