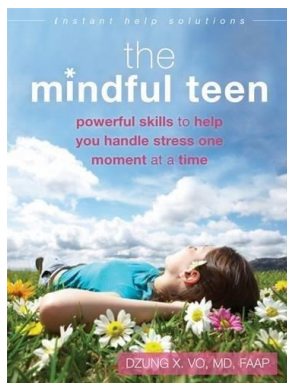
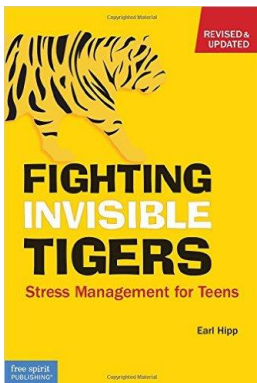


Mindfulness & Relaxation Resources

Websites

- Relaxation and Guided Imagery Scripts
innerhealthstudio.com/relaxation-scripts.html
- Relaxation | Anxiety BC Youth
youth.anxietybc.com/relaxation
- Relaxation Techniques and Mindfulness | PainBytes
aci.health.nsw.gov.au/chronic-pain/painbytes/pain-and-mind-body-connection/relaxation-techniques-and-mindfulness
- Guided Mindfulness Meditation Recordings
keltymentalhealth.ca/mindfulness-recordings
- A Mindfulness Website for Teens | Free downloadable guided meditations, videos, info, resources, and book excerpts
mindfulnessforteens.com

Books



Fighting Invisible Tigers: Stress Management for Teens

by Earl Hipp

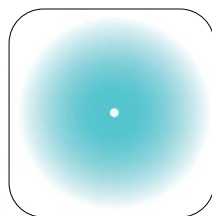
The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time

by Dzung X. Vo

Mobile Apps



Mindshift**



Breathr*



Smiling Mind**



Calm: Meditation**



Headspace**

*iOS only
**iOS and Android