



Relaxation scrips and the different links

<https://dorsetpain.org.uk/Home/Welcome/Audio--Video-and-Further-Resources/Audio>

Dorset Pain Management Service | Soaring Above Pain | Audio

<https://www.headspace.com/stress>

Stress & Anxiety - Headspace

Stress and anxiety are a normal part of life. Mindfulness teaches you how to take a step back, so you're better prepared to respond to stressful thoughts and situations.

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

Experience Calm

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life

<https://insighttimer.com/en-gb>

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

Join the best meditation teachers in the UK on Insight Timer, the most popular meditation app with the world's largest FREE library of meditations.

Insight Timer is a free app with many, many different relaxation practices from a few minutes to an hour and over. It has many different types of relaxation, and they have a beginners section

[4-7-8 Calm Breathing Exercise - Relaxing Breath Technique | Hands-On Meditation - YouTube](#)

[take a deep breath - YouTube](#)

[Square Breathing Visual - YouTube](#)

[Square Breathing – Guided - YouTube](#)

[Headspace | Mini meditation | Breathe - YouTube](#)

[Take a deep breath - YouTube](#) (This is a playlist of the Calm YouTube videos)

[Headspace - YouTube](#) (This is a playlist for HeadSpace videos)