

Relaxation / Distraction Resources

Calming Music, Interactive Visuals, Mediation & More...

- SAFE SPACE <https://www.vibrant.org/safespace/>
- CALM <https://blog.calm.com/take-a-deep-breath>
- BODY SCAN <https://soundcloud.com/mindfulmagazine/3-minute-body-scan-meditation>
- GROUNDING <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
- BREATHING
 - <https://youtu.be/RvrXXf1bFRA>
 - <https://www.stopbreathethink.com/>
- PHONE APPS
 - Breathe2Relax
 - Mindfulness Coach
 - Life Armor
 - PTSD Coach
 - Sanvello
 - Virtual Hope Box

Be Artistic...

- PUZZLES <https://www.jigsawplanet.com/>
- COLORING <https://printablefreecoloring.com>
- DOODLING <https://www.kennedy-center.org/education/mo-willems/>

Activities...

- VIRTUAL TOURS
 - Museums - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
 - National Parks - <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- STORIES ONLINE <https://www.storylineonline.net/>
- WORKOUTS on FB LIVE <https://www.facebook.com/planetfitness>