



## Self-Care Resource Links

### Emotional Freedom Technique (EFT)/Tapping

\*Can be used by anyone- adults and children

EFT is tapping through specific meridian points on your body while talking through emotions. Meridian points are certain points that can be pointed out in which energy flows throughout the body. Negative emotions are felt through a disruption of the body's energy. Tapping restores the body's energy to a sense of balance where negative emotions, such as anxiety and panic, are conquered. For more information and a video that demonstrates this technique please visit The Tapping Solution Foundation at <https://www.tappingsolutionfoundation.org>

### Guided Meditations

Guided meditation has many benefits. Most related to our current time of uncertainty, the benefits are creating the ability to think clearer and clear your mind of cluttering thoughts, increase mental well-being by helping to decrease symptoms of depression and anxiety, lowering blood pressure and reducing stress, improves physical health by slowing down your heart rate, and improves sleep. For more resources, links or guided scripts please contact the BHCC at [cnybhcc@helio.health](mailto:cnybhcc@helio.health)

\*Find a comfortable space, put in some head phones and take time for yourself

Guided Meditation- Blissful Deep Relaxation- 18.5 minutes

<https://youtu.be/Jyy0ra2WcQQ>

Floating among the Stars- Meditation for Sleep- 1hr 2min

<https://youtu.be/N4qCFFBrrgk>

Guided Meditation for Anxiety and Stress-Jason Stephenson-30m

<https://youtu.be/6vO1wPAmiMQ>

Guided Meditation for Anxiety Relief- Focus on breath 12.5m  
[https://youtu.be/8\\_jcEpwKQXc](https://youtu.be/8_jcEpwKQXc)

### Resources for Children

Kids Guided Meditation for Happiness 12min  
[https://youtu.be/8\\_jcEpwKQXc](https://youtu.be/8_jcEpwKQXc)

Cosmic Kids Yoga and Mindfulness to Wind Down-36.5 minutes  
<https://youtu.be/laDRCHhSTxM>

Floating Bubble Meditation-Kids Meditation for Sleep and Anxiety  
20m <https://youtu.be/zxcJ8y7RcjU>