# Mindfulness-Based Meditation

#### Scientific evidence suggests that meditation can improve cognitive and executive functioning. Meditation and mindfulness practices have been shown to reduce inflammatory markers, suggesting a possible anti-inflammatory, neuroprotective aspect of this practice. The combination effects of these brain and body changes have been shown to be very effective in treating chronic pain.

[5-Minute Meditation You Can Do Anywhere](https://www.youtube.com/watch?v=inpok4MKVLM)

[10-Minute Daily Meditation](https://www.youtube.com/watch?v=j7d5Plai03g)

[10 Minute Chakra Balance Guided Meditation for Positive Energy](https://www.youtube.com/watch?v=jeGT1VXwfx4)

# Progressive Relaxation

Several studies have showcased the benefits of progressive relaxation techniques for individuals suffering from chronic pain, sleep quality and cognitive functioning.

[Reduce Stress through Progressive Muscle Relaxation (3 of 3)](https://www.youtube.com/watch?v=ClqPtWzozXs)

[#LiveWholeHealth: Progressive Muscle Relaxation](https://www.youtube.com/watch?v=Z95gPdFC7GM)

[Progressive Muscle Relaxation](https://www.youtube.com/watch?v=86HUcX8ZtAk)

# Self-Hypnosis

In the past, hypnosis was viewed as a party trick, however, through extensive research, we have begun to understand the therapeutic effects of hypnosis. fMRI brain scans of patients undergoing hypnosis show similar activation patterns as patients in a meditative state. Like meditation, self-hypnosis offers similar benefits including decreased stress, improved cognitive function, enhanced sleep, and pain reduction.

[Let Go Of Stress | Hypnosis for Stress Relief & Relaxation](https://www.youtube.com/watch?v=IG7oZ1chRbI)

[Sleep Hypnosis for Clearing Subconscious Anxiety - Ultra Deep Mind Calm](https://www.youtube.com/watch?v=hCWzJ_Tk8io)

# [Self-Hypnosis for Relaxation and Stress Relief | Memorial Sloan Kettering](https://www.youtube.com/watch?v=R39N8s6JBMY)

# Yoga

#### Yoga is an exercise that involves stretching, deep breathing, and mindful activity. A growing body of research suggests that routine yoga practice can facilitate cognitive improvement and significant reductions in pain sensation. These aspects of yogic practice can work to improve social support and emotional health.

[Restorative Yoga + Meditation | No Props 35-Minute Relaxing Practice](https://www.youtube.com/watch?v=rrLkhg3fA0M)

[15 minute CALMING YOGA for Stress Relief and Anxiety](https://www.youtube.com/watch?v=Nw2oBIrQGLo)