

Meditation and relaxation resources

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1. Websites

Name: Guided meditation audio and video

Produced by: Mayo Clinic USA

Format: Video on Mayo Clinic website

Duration: 7:43 (Mins: secs)

Cost: Free, apart from usual internet usage costs

Description and Comment: Short video of a candle with spoken relaxation guide. You could also play the audio and watch a real candle.

How to obtain this: Go to this website on your browser (e.g. using Google)

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/multimedia/meditation/vid-20084741>

Name: Mindful Breathing Videos

Produced by: Dr Roberto P Benzo, Mindful Breathing Lab, Mayo Clinic USA

Format: Videos on Mayo Clinic website.

Duration: Introduction: 1 minute. Movement and stillness videos: 6 minutes each

Cost: Free, apart from usual internet usage costs

Comment: 3 videos: an introduction about how to develop mindfulness, then 2 short introductions on using movement and stillness techniques to practise mindfulness

How to obtain this: Go to this website on your browser (e.g. using Google) and look at the 2nd, 3rd and 4th videos on the website:

<http://www.mayo.edu/research/labs/mindful-breathing/videos>

Name: Youth Beyond Blue Relaxation Exercises

Produced by: Beyond Blue. Australian organisation providing support for depression and anxiety

Format: website with sound recordings, videos and information about relaxation techniques

Duration: a few minutes each recording or video (2-6 minutes)

Cost: Free, apart from usual internet usage costs

Comment: Describes several different relaxation techniques with short videos and sound recordings to help you practise the techniques

How to obtain this: Go to this website on your browser (e.g. using Google)

<https://www.youthbeyondblue.com/do-something-about-it/keeping-well/relaxation-exercises>

2. Apps for your smartphone or ipad/tablet

NB: ipad or tablet may be better for people who find it hard to read print on their phone.

Name: Smiling Mind App

Produced by: Australian organisation, Smiling Mind, made up of psychologists who have developed free tools for stress reduction and relaxation

Format: An "app" that you download onto a smartphone or tablet.

Duration: 2 mins to 8 mins per programme

Cost: Free, apart from internet usage costs to download

Comment: There is a wide range of programmes for young people and adults. There are 5 levels, and you start with the introduction and do other levels as you learn more.

****Highly recommended because it's free and offers lots of options**

How to obtain this: Go to the App Store on your phone and type in "Smiling Minds" in the search area. It's free, but you have to register with your name and email address.

Website: <http://smilingmind.com.au/>

Name: Mayo Clinic Meditation App

Produced by: Mayo Clinic USA

Format: An "app" that you download onto a smartphone or i-pad/tablet.

Duration: 5 minute or 15 minute meditation programs

Cost: \$4.49 plus internet usage costs to download

Comment: You do a 5-minute training session first, then choose whether to do 5 or 15 minutes of meditation whenever you want. Meditation involves watching circles expand and contract in time with musical chords to start with, then you close your eyes and continue to meditate until a chime ends the session.

How to obtain this: Go to the App Store on your phone and type in "Mayo Clinic Meditation" in the search area. You have to have an account set up to pay for purchases from the app store.

Website: <https://itunes.apple.com/us/app/mayo-clinic-meditation/id348265081?mt=8>

Name: Calm App

Produced by: Calm company, USA

Format: An "app" that you download onto a smartphone or i-pad/tablet.

Duration: programs range from short to long

Cost: 1st 7 days are free, but then you pay a subscription to use each day (\$14.99 per month or approx \$95 per year) plus internet usage costs to download

Comment: This app has beautiful photographs, video and music, and is one of the most popular relaxation apps based on its sales in the app store. There is an ongoing cost to use it, which some people would find expensive, while other people would find it helps them keep using it. You would try the 7 days free before deciding whether to subscribe to this. If you subscribe there is a wide range of different programmes to use.

How to obtain this: Go to the App Store on your phone and type in "Calm" in the search area. You have to have an account set up to pay for purchases from the app store.

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

Name: Headspace App

Produced by: Headspace company, led by Andi Puddicombe, a British man living in USA

Format: An "app" that you download onto a smartphone or i-pad/tablet.

Duration: programs range from short to long

Cost: 1st 10 days are free, but then you pay a subscription to use each day (\$12.99 per month or approx \$95 per year) plus internet usage costs to download

Comment: This app has cute graphics, and is one of the most popular relaxation apps based on its sales in the app store. There is an ongoing cost to use it, which some people would find expensive, while other people would find it helps them keep using it. You would try the 10 days free before deciding whether to subscribe to this. If you subscribe there is a wide range of different programmes to use, for different purposes (e.g. to help you relax, sleep, improve your relationships etc.)

How to obtain this: Go to the App Store on your phone and type in "Headspace" in the search area. You have to have an account set up to pay for purchases from the app store.

Website: <https://www.headspace.com/headspace-meditation-app>