**Meditation is a great way to help you calm your mind and reduce stress and anxiety. Try any of the videos below to guide you through the process.**

[Guided meditation for students](https://youtu.be/K4YoQHjaziI)

[Classroom Meditation - Quieting Your Busy Mind, Stress Relief, Relaxation, Mindfulness](https://youtu.be/Rj1EnH8DIhA)

[10 Minute Mindfulness Meditation for Teens](https://youtu.be/w_bmCKMrLYs)

[Guided meditation to help with test anxiety](https://youtu.be/5nm7WwS80Xs)

[Guided Meditation for Grief & Healing](https://youtu.be/lw8VgqHL8_8)

[Mindful Minute - Raindrops (Classroom, Studying, School Mental Break)](https://www.youtube.com/watch?v=6z9Vmp9Jqm0)

[Reset: Decompress Your Body and Mind](https://www.youtube.com/watch?v=QHkXvPq2pQE)

[10-Minute Meditation to Reframe Stress](https://www.youtube.com/watch?v=sG7DBA-mgFY)

**Feeling physically tense? Try some quick desk stretches!**

[Stretch at your desk](https://www.youtube.com/watch?v=KBaSGF6kYqw) - stay in your chair the whole time

[10 easy stretches you can do at your desk](https://www.youtube.com/watch?v=EAWVqB04aBg) - get up and move a bit more