

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](#)

▶ [Classroom Meditation - Quieting Your Busy Mind, Stress Relief, Relaxation, Mindfulness](#)

▶ [10 Minute Mindfulness Meditation for Teens](#)

▶ [Guided meditation to help with test anxiety](#)

▶ [Guided Meditation for Grief & Healing](#)

▶ [Mindful Minute - Raindrops \(Classroom, Studying, School Mental Break\)](#)

▶ [Reset: Decompress Your Body and Mind](#)

▶ [10-Minute Meditation to Reframe Stress](#)

Feeling physically tense? Try some quick desk stretches!

▶ [Stretch at your desk](#) - stay in your chair the whole time

▶ [10 easy stretches you can do at your desk](#) - get up and move a bit more