Self-care Websites

Meditations

24 minutes  A walk along the beach guided visual meditation -
https://www.youtube.com/watch?v=wDYOenLmVTg

5 minutes  Eli Bay; 5-minute stress buster
https://www.youtube.com/watch?v=bdPfxOPECgc&t=51s

6 minutes  Happify meditation for beginners with Dan Harris
https://www.youtube.com/watch?v=mtsdz_jhB7c

20 minutes  Guided meditation with Sharon Salzburg - 20 minutes
https://www.youtube.com/watch?v=YeeDo-c3IDi

https://www.guilford.com/companion-site/The-Mindful-Way-through-Anxiety/9781606234648


http://foundationforactivecompassion.com/media/

http://www.mindfulcompassion.com/what-we-do-1-1

https://self-compassion.org/guided-self-compassion-meditations-mp3-2/

Spa Music and soothing sounds  (an alternative to CNN!)

6 hours - spa music  https://www.youtube.com/watch?v=SwvjPZ3YcBg

11 hours - ocean waves  https://www.youtube.com/watch?v=f77SKdyn-1Y&t=52s

10 hours - night forest sounds  https://www.youtube.com/watch?v=WPMojig7oOE

9 hours - rain  https://www.youtube.com/watch?v=xoirXUheplo

8 hours - waterfall sounds  https://www.youtube.com/watch?v=02NQhbjAIg

10 hours - white noise  https://www.youtube.com/watch?v=wzjW1xXBS_s&t=1s
Beautiful and interesting things to look at

6 hours - Scenery and gentle music  https://www.youtube.com/watch?v=TdpBRZ0dZhw

3 hours - beautiful flowers and soothing music  
https://www.youtube.com/watch?v=fsc63FRQpRs

YouTube classic comedies

I love Lucy - https://www.youtube.com/watch?v=O5yL6P9OGfo

Laugh-in - 
https://www.youtube.com/watch?v=tWISYEg_EcY&list=PL2RzsTTHhhwXArYD05sQhkbr1r5fC0rzg

Taxi - https://www.youtube.com/watch?v=-lGUpcesAtg&index=1&list=PLP5T3DwX0cWhF_bw7LTtqoAygABps5Fw

Cheers - 
https://www.youtube.com/watch?v=TNvFqj1Wk&list=PLXGskoswQDyiQxHxgej2D4ZjOhD9vyr2A

Carol Burnett Show - 
https://www.youtube.com/watch?v=TgsQc5CHTTk&list=PLyuch75NpO9Fp9FFoLFZ6oDHJLIeac-b

Sing-A-Long

Senior Sing-a-long Playlist (66 songs)  
https://www.youtube.com/playlist?list=PLtog_TttA40fHPdG0E96SfC0LWHXvA1Yf

D-Day Memories (2.5 hours of WWII tunes)  
https://www.youtube.com/watch?v=Vybf38jOUfA

Irish Sing-a-long  
https://www.youtube.com/watch?v=gfAsPDcn9SU

You viewed this article on the Caregivers Nova Scotia website www.CaregiversNS.org. For more information, contact us toll-free at 1.877.488.7390.