

# 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](https://www.youtube.com/watch?v=mtsdz_jhB7c)

20 minutes      Guided meditation with Sharon Salzberg - 20 minutes  
<https://www.youtube.com/watch?v=YeeDo-c3lDI>

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

[https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break\\_.mp3](https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3)

<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=02NQkHbjALg>

10 hours - white noise [https://www.youtube.com/watch?v=wzjWlxXBs\\_s&t=1s](https://www.youtube.com/watch?v=wzjWlxXBs_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=PL2RzsTTHhhwXArYD05sQhkrblr5fC0rzg](https://www.youtube.com/watch?v=tWISYEg_EcY&list=PL2RzsTTHhhwXArYD05sQhkrblr5fC0rzg)

Taxi - [https://www.youtube.com/watch?v=-IGUpcesAtg&index=1&list=PLP5T3DwX0CIWhF\\_bw7LTiqoAygABps5Fw](https://www.youtube.com/watch?v=-IGUpcesAtg&index=1&list=PLP5T3DwX0CIWhF_bw7LTiqoAygABps5Fw)

Cheers -  
<https://www.youtube.com/watch?v=TNVlvFqj1Wk&list=PLXGskoswQDyiQxHXgej2D4ZjOhD9vyr2A>

Carol Burnett Show -  
<https://www.youtube.com/watch?v=TgsQc5CHTTk&list=PLyuch75NpO9Fp9FFoLFZ6oDHJLIEuac-b>

## Sing-A-Long

Senior Sing-a-long Playlist (66 songs)  
[https://www.youtube.com/playlist?list=PLtog\\_TttA40fHPdG0E96SfCOLWHXvA1Yf](https://www.youtube.com/playlist?list=PLtog_TttA40fHPdG0E96SfCOLWHXvA1Yf)

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>