Mental Health

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| Videos | Links |
| 10-Minute Meditation for Anxiety | https://www.youtube.com/watch?v=ENYYb5vIMkU |
| 10-Minute Meditation for Sleep | https://www.youtube.com/watch?v=aEqlQvczMJQ |
| 10-Minute Meditation for Stress | https://www.youtube.com/watch?v=z6X5oEIg6Ak |
| 10-Minute Meditation for Healing | https://www.youtube.com/watch?v=2FGR-OspxsU |
| 10-Minute Meditation for Anger | https://www.youtube.com/watch?v=wkse4PPxkk4 |
| 10-Minute Meditation for Beginners | https://www.youtube.com/watch?v=U9YKY7fdwyg |
| 10-Minute Meditation for Depression | https://www.youtube.com/watch?v=xRxT9cOKiM8&t=28s |
| Reset: Decompress Your Body and Mind | https://www.youtube.com/watch?v=QHkXvPq2pQE |