**A Belly Breathing Exercise for Relieving Stress**

<https://www.youtube.com/watch?v=7Ep5mKuRmAA>

**The Power of Visualizing Goals**

<https://www.youtube.com/watch?v=BsEkNunXtkw>

**Positive Self-Talk and Reframing Negative Thoughts**

A great TEDx talk about positive and negative focus <https://www.youtube.com/watch?v=7XFLTDQ4JMk>

An interesting video about reframing negative thoughts <https://www.youtube.com/watch?v=nsOKrCVs6WM>