**References**

**Articles**

Kaur, Amrita. (2020, Nov 17). Keep calm and curl up: More turning to meditation to cope with stress.

*The Straits Times*.

<https://www.straitstimes.com/life/keep-calm-and-curl-up-more-turning-to-meditation-to-cope-with-stress>

The Straits Times. (2017, Oct 15). After yoga, meditation breaks into the mainstream. *The Straits*

*Times*.

<https://www.straitstimes.com/lifestyle/after-yoga-meditation-breaks-into-the-mainstream>

**YouTube**

DoctorOz [DoctorOz]. (2014, Oct 29). *Dr. Oz Shares The Benefits of Meditation*. [Video]. YouTube.

<https://www.youtube.com/watch?v=bb5OOO_0HXs>

TEDx Talks [TEDx Talks]. (2018, Jan 5). *Meditation - The Single Most Important Skill Needed Today |*

*Dr. Shyam Bhat | TEDxLavelleRoad*. [Video]. YouTube.

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

**Images**

Bravo, Luca. (2016). Boathouse on a mountain lake [Online image]. Unsplash.

<https://unsplash.com/photos/zAjdgNXsMeg>

Davies, Benjamin. (2017). person standing on gray high-rise rock formation at daytime photo [Online

image]. Unsplash.

<https://unsplash.com/photos/P9BY2joAcwk>

freepik. (2020). Cabin fever with sad man in house Premium Vector [Online image]. freepik.

<https://www.freepik.com/premium-vector/cabin-fever-with-sad-man-house_8642487.htm>

freepik. (2020). Insomnia concept illustration Free Vector [Online image]. freepik.

<https://www.freepik.com/free-vector/insomnia-concept-illustration_10137711.htm#page=1&query=insomnia-concept-illustration&position=33>

grossgasteiger, eberhard. (2017). mountain near body of water photo [Online image]. Unsplash.

<https://unsplash.com/photos/cs0sK0gzqCU>

pikisuperstar. (2020). Thank you doctors and nurses illustration with lettering Free Vector

[Online image]. freepik.

<https://www.freepik.com/free-vector/thank-you-doctors-nurses-illustration-with-lettering_7606522.htm#query=grateful%20illustration&position=16>

pikisuperstar. (2020). Low self-esteem illustration Free Vector [Online image]. freepik.

<https://www.freepik.com/free-vector/low-self-esteem-illustration_10877502.htm#page=1&query=/low-self-esteem-illustration&position=7>

stories. (2020). Pilates concept illustration Free Vector [Online image]. freepik.

<https://www.freepik.com/free-vector/pilates-concept-illustration_6450150.htm#page=1&query=pilates-concept-illustration&position=12>

stories. (2020, Jun). Eating healthy food concept illustration Free Vector [Online image]. freepik.

<https://www.freepik.com/free-vector/eating-healthy-food-concept-illustration_8673470.htm#page=1&query=eating-healthy-food-concept-illustration&position=1>

stories. (2020, Sept). Enthusiastic concept illustration Free Vector [Online image]. freepik.

<https://www.freepik.com/free-vector/enthusiastic-concept-illustration_10386550.htm#page=1&query=happy%20illustration&position=11>