

centered.

A Virtual Calming Space

Sounds and Music

Studies have found that listening to music can help calm your nervous system and lower cortisol levels, both of which can help reduce stress. Continuous sounds in nature such as waterfalls, rainfall, and the repetition of gently crashing sea waves often meet the frequency criteria of white noise and can be classified as natural white noise.

This type of sound can help with anxiety by masking irritating sounds and also by stimulating alpha brain waves, which have been linked to more relaxed mental states and the reduction of anxiety.

Guided Meditation

Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.



Yoga

A number of studies have shown that yoga may help reduce stress and anxiety. Yoga can enhance your mood and overall sense of well-being. Yoga might also help you manage your symptoms of depression and anxiety that are due to difficult situations.



Check out these quick links:

Sounds and Music

Campfire- <https://www.youtube.com/watch?v=qsOUv9EzKsg>
Nature Sounds- <https://www.youtube.com/watch?v=02NQkhhbjALg>
Rain Sounds- https://www.youtube.com/watch?v=jX6kn9_U8qk
Thunderstorms- <https://www.youtube.com/watch?v=nDq6TstdEi8>
Ambient- <https://www.youtube.com/watch?v=h287bt6jSjA>
Soothing- <https://www.youtube.com/watch?v=3NycM9lYdRI>
Guitar- <https://www.youtube.com/watch?v=ss7EJ-PW2Uk>
Instrumental- <https://www.youtube.com/watch?v=CcsUYuOPVxY>
White Noise- <https://www.youtube.com/watch?v=nMfPqeZjc2c>
Dark Noise- <https://www.youtube.com/watch?v=4cMlbo0iHqA>

Guided Meditation

<https://www.youtube.com/watch?v=c1Ndym-lsQg>
<https://www.youtube.com/watch?v=W19PdslW7iw>
<https://www.youtube.com/watch?v=WHCl6b9K25Y>
<https://www.youtube.com/watch?v=LORibtZbzRQ>
<https://www.youtube.com/watch?v=ZToicYcHI0U>

Yoga

https://www.youtube.com/watch?v=hJbRpHZr_d0
<https://www.youtube.com/watch?v=5Ju3XvZ6S1Q>
https://www.youtube.com/watch?v=sTANio_2E0Q
https://www.youtube.com/watch?v=VdIX8auOH_M
<https://www.youtube.com/watch?v=tAUf7aajBWE>

**If you need additional resources or support, please reach out to HR or
inclusion@ingenovishealth.com**