

CALM THE FARM



Yoga, meditation and mindfulness are like music, they relax your mind and body. They give a direction to life and help maintain a balance between a hectic schedule and a healthy lifestyle, including:

- Build and Enhance Physical Health
- Reduce Stress and Anxiety
- Improve Sleep Quality
- Improve Concentration
- Build Emotional Strength
- Develop Discipline
- Promote a sense of spirituality

<https://www.playgroundprofessionals.com/athletics/fitness-and-exercise/benefits-yoga-teens>



<https://www.livehappy.com/podcast/finding-calm-chaotic-times-erin-pickney>

Headspace app

www.headspace.com This app, designed to teach you how to meditate, is available in both free and premium versions. Free access includes the Take10: 10-minute meditation program, while subscribers get access to Headspace's full content collection on a variety of wellness topics. You can also connect with friends for motivation. Compatible with Android devices and iPhone.



Smiling Mind app



www.smilingmind.com.au Finding a place inside that feels calm and safe can sometimes be a struggle. If we're not careful fear and anxiety can quickly reach a tipping point, and they can affect us in negative and unhelpful ways. Check out Smiling Mind, either on-line or on the free app to help achieve calm and balance. Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.



<https://www.youtube.com/user/anjunadeep>



Deep Sleep app

You will have to pay for this app, but it's a ripper. Sometimes it can be hard to get to sleep. You're wired, buzzing, and want to keep going. This app works through a progressive muscle relaxation session, helping listeners get to sleep fast. It is a smart choice for teens always buzzing and resisting rest.

https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.deepsleep&hl=en_AU

iSleep Easy app



The Meditation Oasis® iSleep Easy Free app contains three guided meditations to help you fall asleep and sleep deeply. You can listen to the meditations with or without music or rain sounds. The app includes the guided meditations described below.

- ★ Sleep Affirmations -- Helps set the stage for falling asleep.
- ★ Belly Breathing -- An easy exercise for quick relaxation.
- ★ Relax into Sleep -- Relax easily into sleep with this meditation.

https://play.google.com/store/apps/details?id=com.meditationoasis.sleepeasyfree&hl=en_AU



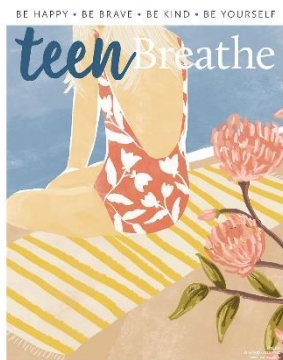
<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/about-mental-health/mindfulness>



<https://leftbrainbuddha.com/mindfulness-for-teens/>

Mindfulness for Teens <http://mindfulnessforteens.com/guided-meditations/>

Discovering Your Inner Strength



<https://www.teenbreathe.com.au/>



<https://www.livehappy.com/podcast/change-your-brain-through-mindfulness-and-self-compassion-shauna-shapiro>