

# RESOURCES FOR MEDITATION AND CALMNESS



**Insight Timer:** resource to help with stress, anxiety and sleep

Insight Timer offers a **free library of 40,000 (!) guided meditations** on an array of meditation categories such as Coping with Anxiety, Improving Your Sleep, Managing Stress and Meditation for Kids. You will find resources such as:

**Educational Information**, example: *Facing Fear With Compassion*, with Elizabeth Gilbert

**Stress Management**, example: *Learning To Surrender*, with Sarah Blondin

**Sleep Meditations**, example: *Breathing Into Sleep*, with Bethany Auriel-Hagan

**Sleep Music**, example: *Delta Waves & Oceanic Sounds For Deep Rest*

**Music for Calm**, example: *Summer Rain (Healing Music for Deep Relaxation)*

**Insightful Talks**, example: *How To Co-Exist Happily In Isolation*, with Daniel Cox

**Kids Resources**, example: *I Am Affirmations*, with Clair Hill

For many, many more resources and information, download the app, or click here: [Insight Timer](#)

**Cooper Beech Institute:** organization for calmness

Cooper Beech Institute is an organization in Connecticut which offers programs, such as mindfulness and meditation, that promote calmness.

Currently, they are offering free daily online offering (such as *Mindful Movement and Meditation*) at 12:30 p.m. They also have additional live online courses and workshops such as *Candlelight Meditation, Meeting the Unknown* and *Mindful Self-Compassion*.

For information on these programs, please click here: [Cooper Beech Institute](#)

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For more information on coronavirus from your health care providers, click here:

Fallon: [Information About Coronavirus](#) Harvard Pilgrim: [FAQs on Coronavirus](#)

Tufts: [Coronavirus Updates](#) Blue Cross Blue Shield: [Coronavirus Updates](#)