

## Relaxation and mindfulness tools

Allina Health offers resources to help you relax, reframe and re-energize. Taking time — even 5 minutes — to disconnect from outside stressors and meditate or practice a mindfulness or relaxation technique is an important investment in your well-being.

There are many excellent resources. Below are a few. (Use Chrome or Firefox for the best browser experience.)

### Relaxation Tools

#### Free

- [100 puppies with soothing background music](#) (60 minutes of puppy photos!)
- [Head-to-toe Relaxation](#) (video)
- [Is Stress Hurting Your Health?](#) (video)
- [Special Place Guided Imagery](#) (video)
- [mplsheart.com/information-for-patients](https://mplsheart.com/information-for-patients) (Guided relaxation recordings from the Minneapolis Heart Institute.®)
- [8 Brocades Qigong](#) (video)

### Mindfulness Tools

#### Free

- [changetochill.org](https://changetochill.org) (Mindfulness and stress reduction tools for adolescents from Allina Health's Change to Chill.)

#### Cost

- Penny George Institute for Health and Healing classes via [Learn It Live](#):
  - [Mindfulness Training](#) starts Friday, March 27 from 4 to 5 p.m. (6-week series). This course will help you learn about the physiology and science of stress. You will learn and practice a variety of mindfulness techniques including awareness meditations, mindful yoga, mindful walking, and other daily practices such as mindful eating.
  - [Resilient Life](#) starts April 3 from 11:30 a.m. to 12:30 p.m. (6-week series). This course will help you practice the skills proven to help build resilience of mind, body and spirit. Skills such as mindfulness, optimal nutrition, movement and cultivating a healthy relationship with yourself and others will be taught and practiced in class. By practicing these skills regularly, you can strengthen your ability to bounce back from adversity and to grow and thrive in your professional and personal life.
- [unwindinganxiety.com](https://unwindinganxiety.com) Judson Brewer, MD, director of Research and Innovation at the Mindfulness Center and associate professor in psychiatry at the School of Medicine at Brown University has created and researched the "Unwinding Anxiety" program -specifically designed to help you deal with uncertainty, stress and anxiety. It has daily guidance, effective anti-anxiety exercises, and a supportive online community to help you build the awareness and resilience to make it through the most challenging of times.

- During the COVID-19 outbreak, they [reduced the price of the Unwinding Anxiety program by 30%](#) for new users who sign up at the [Unwinding Anxiety website](#) using code RELIEF2020.
- Understanding why our brains react this way to anxiety is an important part of controlling it. Here is a [short video](#) on three specific steps to combat anxiety.
- [csh.umn.edu/MBSR](http://csh.umn.edu/MBSR) Renowned practitioner and author Jon Kabat-Zinn developed this mindfulness-based stress reduction 8-week course through the Center for Spirituality & Healing, University of Minnesota. This course will teach you to consciously and methodically deal with stress, pain, illness and the demanding challenges of everyday life.