

Ways of Coping: Video List for Teens

View some of the following YouTube.com videos to help you cope with stress, to increase your positive thinking, relaxation, meditation, or mindfulness. Try to watch them all and see which of them help you feel better.

Succeed with a Positive Attitude	1:00 min	http://www.youtube.com/watch?v=yvtUByxnrGU
The Pandas: Belly of the Whale	5:11 min	http://www.youtube.com/watch?v=TWTFKihlhLQ
20 Words to Change Your Life	4.29 min	http://www.youtube.com/watch?v=PLZxJZ70MQ4
K'NAAN Wavin' Flag Celebration Mix	3:75 min	http://www.youtube.com/watch?v=WTJSt4wP2ME
The Interlude Dance (Original)	3:52 min	http://www.youtube.com/watch?v=0cuS_31zJ6U
The Gratitude Dance (Original)	3:25 min	http://www.youtube.com/watch?v=R9z2ELaBVJY
What is Mindfulness?	1:59 min	http://www.youtube.com/watch?v=HCnB5i0ToUc
Stress – Let Go & Be in Flow of Life	3:08 min	http://www.youtube.com/watch?v=dMGOuHwfnFQ
Forgiveness & Freedom of Letting Go	4:02 min	http://www.youtube.com/watch?v=3D4VMZb8wLY
I Am Grateful	4:11 min	http://www.youtube.com/watch?v=VtoGY6zMXGM
Inspirational Video: Don't Quit Poem	2:02 min	http://www.youtube.com/watch?v=VkcFeNegyHk
Eric Whitacre Virtual Choir –Lux Arumque	6:20 min	http://www.youtube.com/watch?v=D7o7BrlbaDs
Relax – Zen Garden Kokin Gumi	7:09 min	http://www.youtube.com/watch?v=CR3dM-GlZK8