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=PLzJZ70MQ4
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=VkcFeNeyqHy
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

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