

5 Meditations to Cope with Stress

Click on any of the below to listen. You will need to sign up with your BU account to access direct links at bu.edu/headspace



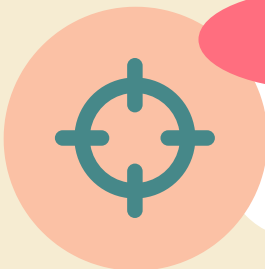
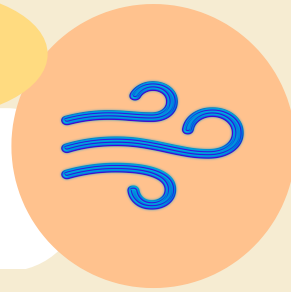
Reset: 3-10 min

When you need to press the reset button, practice letting go. Rest the body and reset the mind, helping you feel more present, and better able to enjoy whatever comes next.



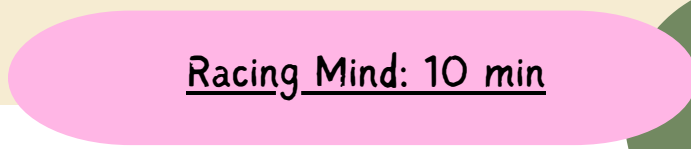
Breathe Through Anxiety: 5 min

Soothe anxiety and balance your mind with slow, patterned breaths.



Breathe Away Distractions: 5 min

Ditch distractions by practicing a soft focus on the breath.



Racing Mind: 10 min

A simple meditation created to soothe a racing mind and help you prepare for sleep.



Exam Prep: 3-10 min

Performing well during exams requires a sweet spot of relaxed focus which can be tricky when stressors rise. Create space to trust everything you've studied and everything you know.