

### Guide to Active Relaxation Tracks:

1. *Walking Mindfulness* – Use this recording with one ear bud out, while on a walk or a run.
2. *Washing Dishes* - Use this recording with one ear bud out while washing dishes.
3. *General Mindfulness* – This track can be used while sitting quietly, lying down with your eyes closed, or while doing any activity.
4. *Observing Emotion* – This track is to be used while experiencing uncomfortable emotions. Remember while using this track that some emotions are healthy. The goal is to accept emotions without adding to their discomfort by trying to fight them. When successful, unhealthy emotions subside.
5. *Observing Thoughts* – This track is to be used while worrying. When mindful and accepting of thoughts, unhealthy thoughts tend to decrease or subside completely.
6. *Labeling Thoughts* – When observing and accepting thoughts doesn't work, we often feel the futility of our thoughts in a whole new way by simply attaching labels to them.