

Guide to Active and Quiet 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.

Guide to Quiet Relaxation Tracks:

There are two sets of Quiet Relaxation Tracks. The first set is imagery to use when you are having difficulty getting rid of troublesome thoughts or worries. The second set is true quiet relaxation that may be used alone or following the first nine tracks.

Imagery for “letting go” of Worries:

7. *Balloons* – This track is most useful when you have many things “on your plate” and you're having difficulty concentrating on a task or unable to enjoyable leisurely activity.
8. *Sink* – This track can be used whether you have one thing on your mind or many things on your mind.
9. *Record Player* – This track is the most helpful when your thoughts are spinning out of control.

Quiet Relaxation:

10. *Ocean* – This track has no ocean sounds on it. If you're using ear buds or headphones, keep one ear out.
11. *Sponge* – This track is most useful when you're experiencing muscle tension.
12. *Clouds* – This track is also helpful for reducing muscle tension. However, it is generally very relaxing even if you have no issues with muscle tension.
13. *Breathing* – This track offers a variety of relaxing ideas to use in conjunction with focusing on your breathing.
14. *All Senses Mindfulness* – Before listening to this track, gather the following things: a) candles, incense, or both, b) a beverage – preferably a warm aromatic beverage or a small amount of wine, c) a piece of chocolate (other finger foods will suffice, but avoid anything crunchy or chewy). Light the incense and/or candles and consider placing them in front of a window, pleasant art work, or a blank wall across from somewhere that you can sit comfortably.
15. *All Senses Less Sound* – This is the same track as the previous track, with the volume of the nature sounds reduced.
16. *Nature Sounds Alone* – This track has only the nature sounds should you wish to guide yourself on the remaining senses.