

Wellness Wednesday, June 16, 2021 - Additional Resources:

PowerPoint Presentation:

<https://www.parkinsonassociation.org/wp-content/uploads/2021/06/Wellness-Wednesday6.16.21.pdf>

Yoga Video:

<https://youtu.be/Lp23tv7O1ZM>

Guided Meditations:

- Best Overall: [Tara Brach](#)
- Best for Beginners: [Headspace](#)
- Best for Deep Relaxation: [The Honest Guys](#)
- Best for Walking: [Gabby Bernstein](#)
- Best for Anxiety and Stress: [Calm](#)
- Best for Sleep: [Jason Stephenson](#)

Grounding Techniques:

<https://www.healthline.com/health/grounding-techniques>

1 Minute Breathing Technique:

<https://www.gaiam.com/blogs/discover/1-minute-breathing-exercise-for-energy-and-productivity>