

## PRÁCTICAS QUE TE AYUDARÁN A RELAJARTE & CONTROLAR O MITIGAR LA ANSIEDAD

### MIDNFULLNESS (ATENCIÓN PLENA)

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| <a href="https://www.youtube.com/watch?v=8KaoDx1KC6o">https://www.youtube.com/watch?v=8KaoDx1KC6o</a> | <a href="https://www.youtube.com/watch?v=0eiQQL4cWIM">https://www.youtube.com/watch?v=0eiQQL4cWIM</a> |
| <a href="https://www.youtube.com/watch?v=kwTKk6u30x4">https://www.youtube.com/watch?v=kwTKk6u30x4</a> | <a href="https://www.youtube.com/watch?v=lcok3lkB3s0">https://www.youtube.com/watch?v=lcok3lkB3s0</a> |
| <a href="https://www.youtube.com/watch?v=ze5SQPSRKfA">https://www.youtube.com/watch?v=ze5SQPSRKfA</a> | <a href="https://www.youtube.com/watch?v=A-zsmBFWQhg">https://www.youtube.com/watch?v=A-zsmBFWQhg</a> |
| <a href="https://www.youtube.com/watch?v=XGxhiYnXCPU">https://www.youtube.com/watch?v=XGxhiYnXCPU</a> | <a href="https://www.youtube.com/watch?v=H8833hDn-Wo">https://www.youtube.com/watch?v=H8833hDn-Wo</a> |

### RELAJACIÓN MUSCULAR PROGRESIVA

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| <a href="https://www.ivoox.com/relajacion-muscular-profunda-jacobson-audios-mp3_rf_312801_1.html">https://www.ivoox.com/relajacion-muscular-profunda-jacobson-audios-mp3_rf_312801_1.html</a> | <a href="https://www.youtube.com/watch?v=f9CnqxwMG40">https://www.youtube.com/watch?v=f9CnqxwMG40</a> |
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### ENTRENAMIENTO AUTÓGENO

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| <a href="https://www.youtube.com/watch?v=XwMpNSqztJg">https://www.youtube.com/watch?v=XwMpNSqztJg</a> | <a href="https://www.youtube.com/watch?v=iHujUG7UqDA">https://www.youtube.com/watch?v=iHujUG7UqDA</a> |
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### RESPIRACIÓN

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| <a href="https://www.youtube.com/watch?v=8VDoaUBHiN0">https://www.youtube.com/watch?v=8VDoaUBHiN0</a> | <a href="https://www.youtube.com/watch?v=WjEE-toATXg&amp;t=176s">https://www.youtube.com/watch?v=WjEE-toATXg&amp;t=176s</a> |
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### PENSAMIENTOS POSITIVOS

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| <a href="https://www.youtube.com/watch?v=8VtPDd4Xfk4">https://www.youtube.com/watch?v=8VtPDd4Xfk4</a> | <a href="https://www.youtube.com/watch?v=gd5xYT7TV6k">https://www.youtube.com/watch?v=gd5xYT7TV6k</a> |
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