

RESOURCES I HAVE FOUND HELPFUL

“take what’s useful and leave the rest.” ☺

3-8-23

Through BREATHING

<https://www.stasis.life/>

<https://www.belighttt.com/6-days>

<https://oxygenadvantage.com/>

<https://www.buteykobreathing.org/>

Though RETRAINING THE NERVOUS SYSTEM

EFT and meridian tapping: <https://www.thetappingsolution.com/>

<https://reset.alexhoward.com/videos>

<https://www.sedona.com/How-It-Works>

<https://retrainingthebrain.com/>

Through COREGULATING and COHERENCE WITH OTHERS

<https://pocketproject.org/practice-groups/>

<https://healingcirclesglobal.org/calling-a-circle/what-is-a-healing-circle/>

Through BEING WITH NATURE

Go outside, look outside, spend time with growing things – as often as possible!

Through HEALING PERSONAL, ANCESTRAL and COLLECTIVE TRAUMA

<https://thomashuebl.com/>

<https://traumahealing.org/>

<https://coregulatingtouch.com/>

<https://ancestralmedicine.org/bio/>

<https://innerartsinstitute.com/family-constellations/>

Through CALMING MUSIC, SOUND

Soothing Relaxation – Peder Helland:

https://www.youtube.com/watch?v=hlWiI4xVXKY&list=PLQ_Pllf6OzqKzrKzQ8Ccz-IE2DhSyzrN2

<https://www.youtube.com/watch?v=1ZYbU82GVz4>

<https://connect.mayoclinic.org/blog/living-with-mild-cognitive-impairment-mci/newsfeed-post/humming-your-way-to-relaxation/>

https://www.youtube.com/watch?v=8IC9BM4lx_o

Through QIGONG

Zhineng Qigong:

<https://qibenzhi.com/>

<https://lifeqicenter.com/>

<https://www.theworldconsciousnesscommunity.com/>

<https://www.zhineng-qigong-students-hub.com/>

<http://debchi.com/>

Lee Holden Qigong:

<https://www.youtube.com/watch?v=Ac08kMK-dyI>

Through SHAMANISM

<https://www.sandraingerman.com/>

<https://lastmaskcenter.org/>

<https://angelablueskies.com/shamanic-healing/>

Through GUIDED MEDITATIONS

<https://kristyarbon.com/category/meditation-headers/>

<https://www.craniosacraltherapy.org/feel-the-calm-settling-exercises>

<https://www.heartmath.com>

Through PACING and UNDERSTANDING POST-EXERTIONAL MALAISE

<https://longcovid.physio/post-exertional-malaise>

<https://longcovid.physio/pacing>

Through LONG COVID PATIENT-LED RESOURCES

<https://www.youtube.com/c/RUNDMC1>

<https://www.barnesandnoble.com/w/the-long-covid-handbook-gez-medinger/1141953388>

<https://podcasts.apple.com/us/podcast/long-covid-podcast/id1580981740>

<https://www.survivorcorps.com/>

<https://www.wearebodypolitic.com/covid-19>

<https://patientresearchcovid19.com/>

Through LONG COVID CLINICS

<https://www.survivorcorps.com/pccc>