



## Helpful Resources for Relaxation, Brain Health & Wellness

### Guided Relaxation & Sleep Support

**YouTube** offers a wide range of free, self-guided resources, including:

- Guided imagery, Guided meditation, Deep sleep music (black screen options), Frequency-based music (e.g., **432 Hz** and similar)

*Tip:* Simply type these keywords mentioned here into the YouTube search bar.

<https://www.youtube.com>

### What the Research Shows About Meditation

**Emerging research continues to show powerful brain benefits from meditation:**

- **Mount Sinai**

New research reveals that meditation induces changes in deep brain areas associated with **memory and emotional regulation**, highlighting its promise as a **non-invasive therapy**.

<https://www.mountsinai.org/about/newsroom/2025/new-research-reveals-that-meditation-induces-changes-in-deep-brain-areas-associated-with-memory-and-emotional-regulation>

- **National Institutes of Health (NIH)**

*Meditation-induced effects on whole-brain structural and effective connectivity*

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9232427/>

- **Vanderbilt University Medical Center**

Study findings suggest meditation may help stimulate the brain's **waste-removal system**, providing restorative benefits similar to sleep.

<https://news.vumc.org/2025/12/10/study-finds-that-meditation-may-help-stimulate-the-brains-waste-removal-system-providing-restorative-benefits-like-sleep/>

### Lifestyle, Longevity & Whole-Person Wellness

- **Dan Buettner & Blue Zones**

Learn how lifestyle, purpose, community, and nutrition contribute to longevity around the world.

<https://danbuettner.com/blue-zones/>

- **Mind Diet**

A nutrition approach that supports **brain health and cognitive longevity**

<https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mind-diet/>