



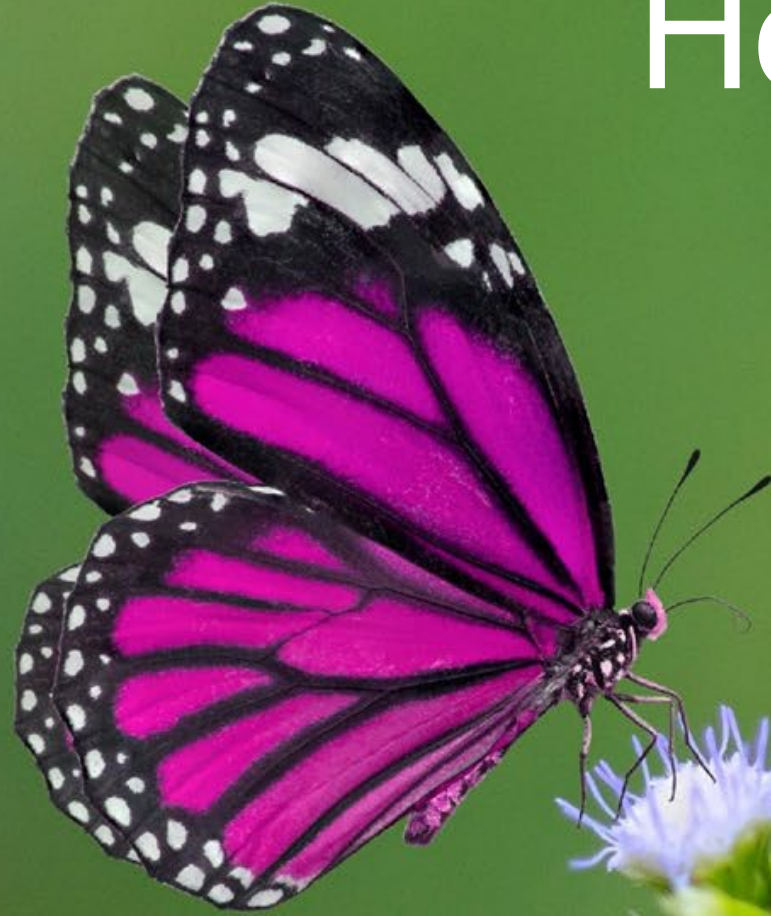
THE
HEALTH ALLIANCE
for VIOLENCE
INTERVENTION

HAVI CONFERENCE 2021

Healing Space Resources

Compiled by the HAVI Mental Health Working Group

Healing Space



We are in
this
together.



Healing through...

Creativity & Art

Meditation & Movement

Mindfulness Practices

Listening

Nature

Laughter

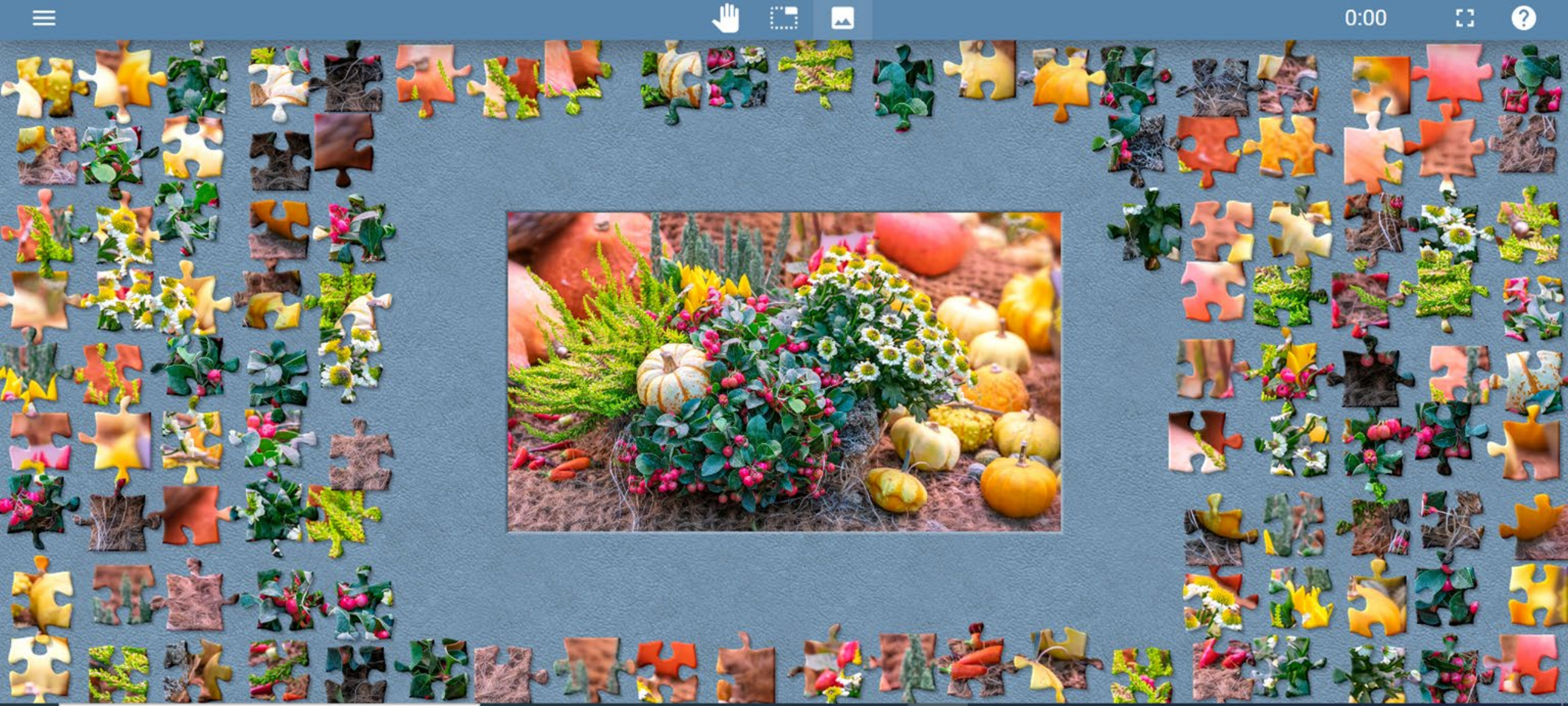
and, Community.



Relaxing Drawing Techniques

Meditative Art

https://www.youtube.com/watch?v=REI-k_mvMqw



Online Jigsaw Explorer

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



30 Minutes of Satisfying Sand and Mad Mattr Cutting ASMR

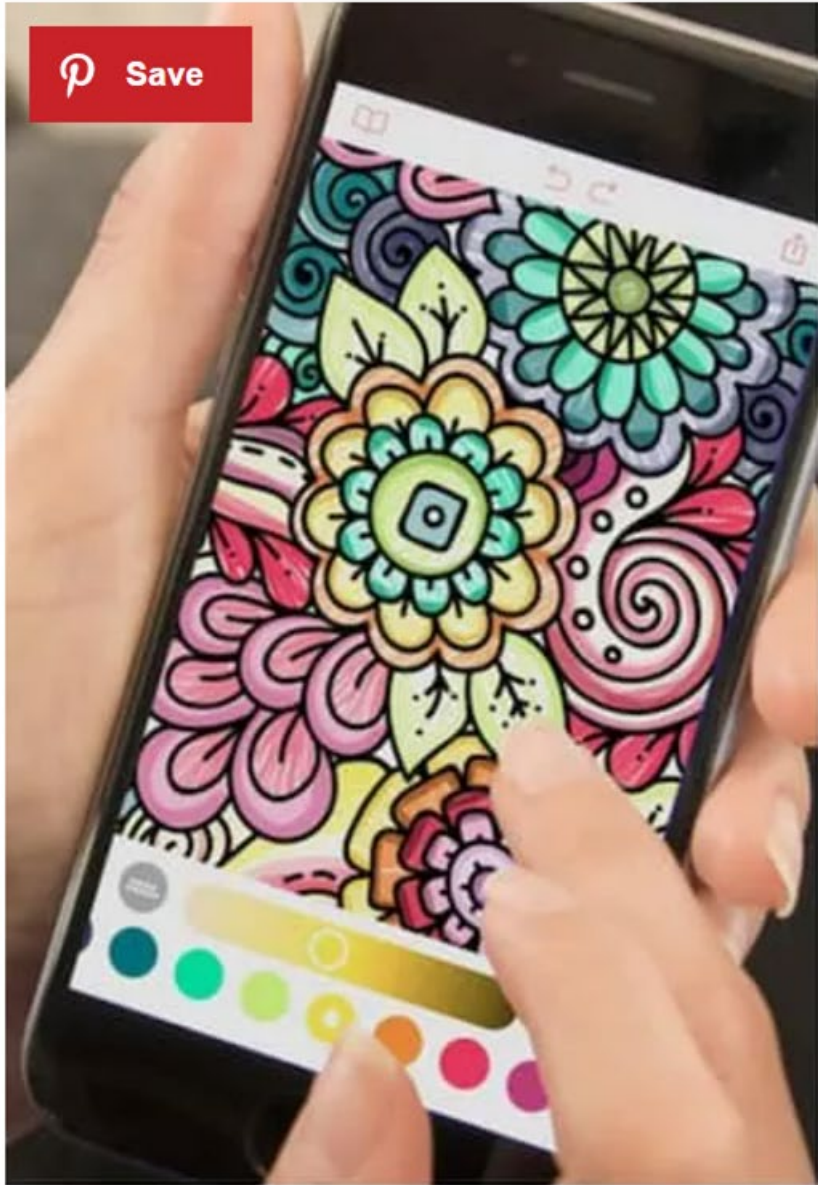
<https://www.youtube.com/watch?v=udm0umBnTsw>



Very Satisfying and Relaxing Compilation 148 Kinetic Sand ASMR

<https://www.youtube.com/watch?v=3clqk2U3T9Y>

2. PIGMENT



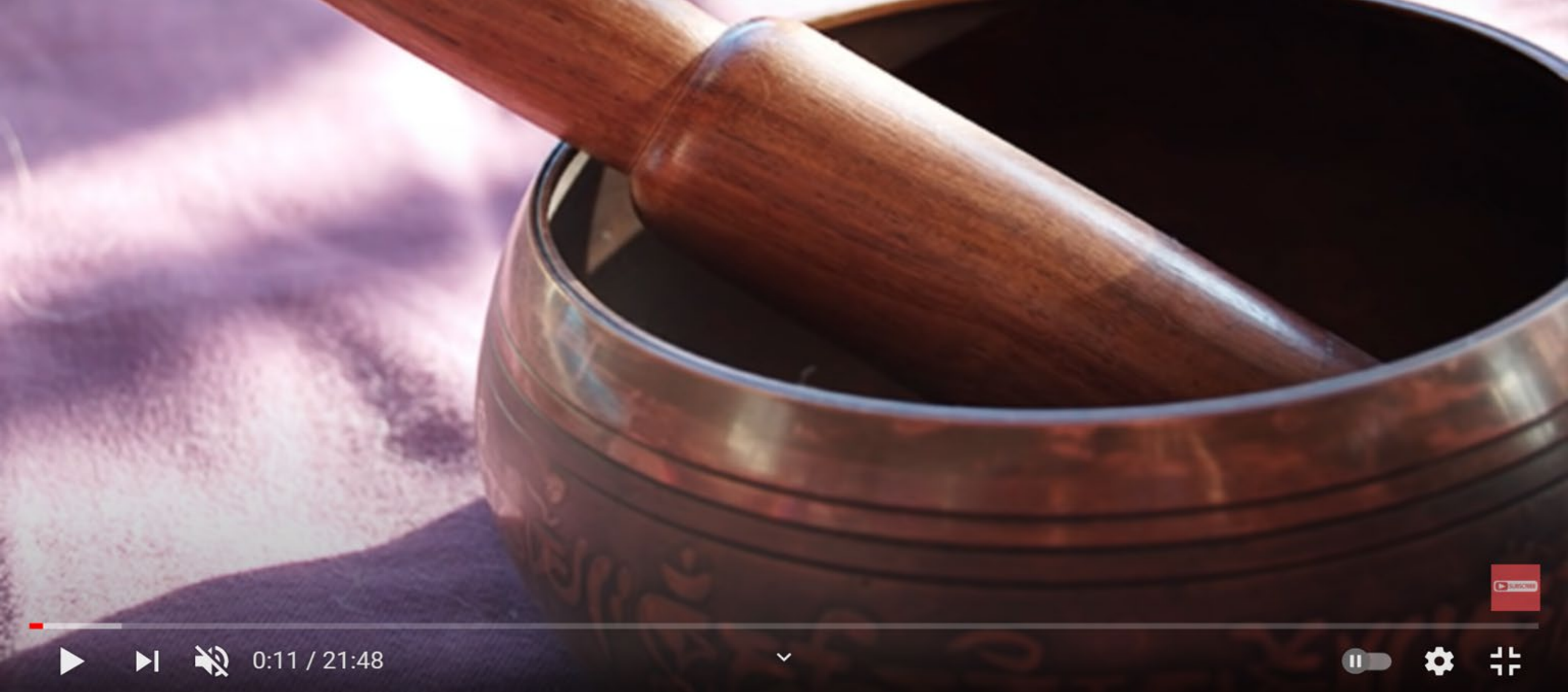
Relieve Stress



REAL Coloring with

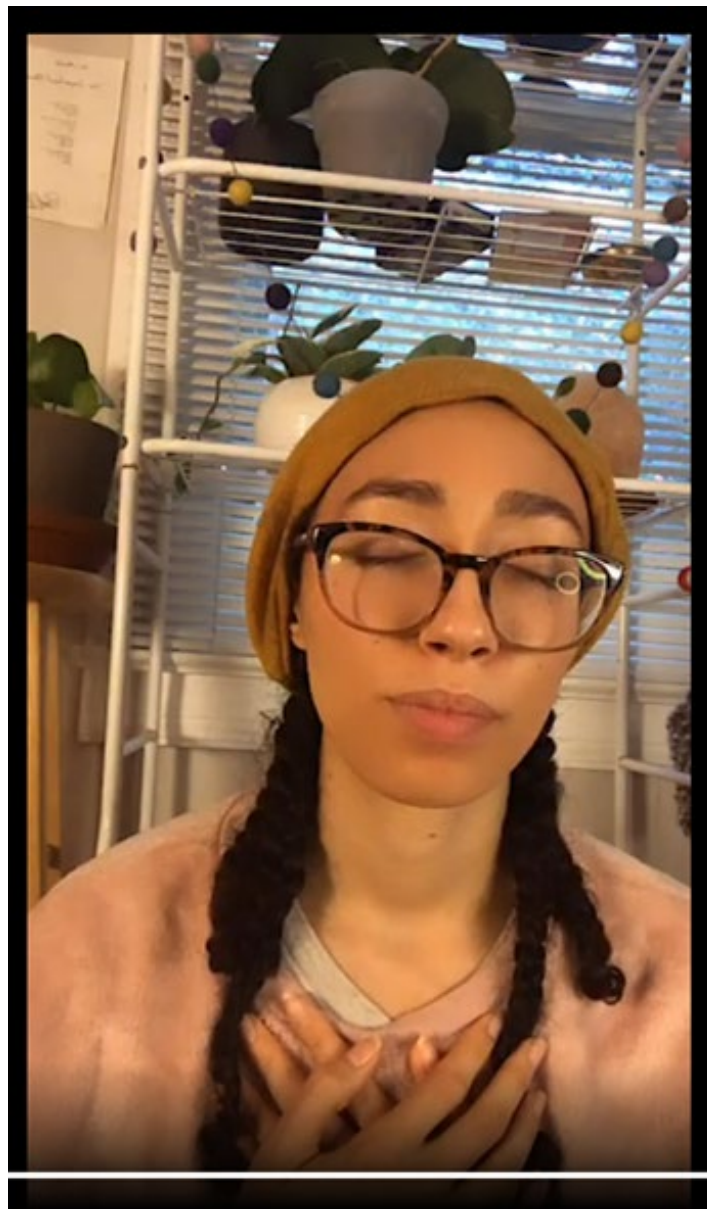
Online free
Coloring Books
apps

[https://diycandy.com/
best-adult-coloring-
apps/](https://diycandy.com/best-adult-coloring-apps/)



**Singing Bowl 20 min Awareness Meditation Music Relax Mind Body:
Chakra Cleansing and Balancing**

<https://www.youtube.com/watch?v=Gqfk5sr9fpw>



13-Minute Meditation For Activists - en español

<https://www.popsugar.com/latina/photo-gallery/47588697/embed/47588699/tv>



**adrienne maree
brown**

I am the practice...

<http://adriennemareebrown.net/2012/09/25/i-am-the-practice-ground/>

**Attention
liberation, and
reparations**

<http://adriennemareebrown.net/tag/meditation/>



**Harvard Health
Mini (1-3 minute)
relaxation
exercises:**

[https://www.health.harvard.edu/healthbeat/
mini-relaxation-
exercises-a-quick-fix-
in-stressful-moments](https://www.health.harvard.edu/healthbeat/mini-relaxation-exercises-a-quick-fix-in-stressful-moments)



Thich Nhat Hanh Mindfulness and Exercises

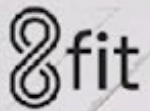
<https://plumvillage.org/mindfulness-practice/>

(Click on short audio clips)

Welcome to this Guided Meditation for Inner Peace and Calm

Guided Meditation for Inner Peace and Calm / Mindful Movement

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



10-minute Bedtime Yoga: Mel Douglas of the Black Women's Yoga Collective

<https://www.youtube.com/watch?v=Nw2oBlrQGLo>

youtube
MalovaElena



Yoga en casa 10 min para principiantes | Día 11 MalovaElena

<https://www.youtube.com/watch?v=f2H4y3rbOBI>



Yoga For You

*“Un canal dedicado en ayudarte descubrir
tu propia, única práctica de yoga”*



Yoga Para Ti (Yoga For You) Beginner Spanish Yoga Flow

<https://www.youtube.com/watch?v=jOpz3j8yyXI>



Yoga para principiantes

<https://www.youtube.com/watch?v=1J8CRcoFekE>



15-minute CALMING YOGA for Stress Relief and Anxiety

<https://www.youtube.com/watch?v=Nw2oBlrQGLo>

15-minute Seated Yoga for Headaches, Anxiety and Tension

<https://www.youtube.com/watch?v=FjFFasD3kr0>



-FallSky-
James Beel

Virtual Hike: Moraine Lake Banff National Park, Alberta -Actual Sound/18min

<https://www.youtube.com/watch?v=seWRWp7HKU0>



Virtual Nature Walk: A Walk In The Forest

<https://www.youtube.com/watch?v=s944Md4aC7I>



Wailea Beach Path, Maui, Hawaii, DJI Osmo 4K
<https://www.youtube.com/watch?v=SYIEFsP8Hy0>



NATIONAL PARK SERVICE
explore.org

Katmai National Park and Reserve in Alaska - Webcams

<https://www.nps.gov/katm/learn/photosmultimedia/webcams.htm>



Chants / *Namo Avalokiteshvaraya*

Plum Village Chant Namo Avalokiteshvaraya

Audio:

[https://plumvillage.org/
audio/chanting/namo-
avalokiteshvaraya/](https://plumvillage.org/audio/chanting/namo-avalokiteshvaraya/)



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SORT BY



8:52



8:34



2:00:36



8:37



8:15

America's Funniest Home Videos to watch some short funny videos

<https://www.youtube.com/c/afv/videos>



**Thank you for
joining the
Healing Space!
Feel free to
contact us at
The HAVI**

[https://form.jotform.com/2105461365
39052](https://form.jotform.com/210546136539052)

Website Sources and Links

1. Relaxing Drawing Techniques https://www.youtube.com/watch?v=REI-k_mvMqw
2. Online Jigsaw Explorer <https://www.jigsawexplorer.com/>
3. 30 Minutes of Satisfying Sand and Mad Mattr Cutting ASMR <https://www.youtube.com/watch?v=udm0umBnTsw>
4. Very Satisfying and Relaxing Compilation 148 Kinetic Sand ASMR <https://www.youtube.com/watch?v=3clqk2U3T9Y>
5. Online free Coloring Books apps <https://diycandy.com/best-adult-coloring-apps/>
6. Singing Bowl 20 min Awareness Meditation Music Relax Mind Body: Chakra Cleansing and Balancing <https://www.youtube.com/watch?v=Gqfk5sr9fpw>
7. 13-Minute Meditation For Activists <https://www.popsugar.com/latina/photo-gallery/47588697/embed/47588699/tv>
8. adrienne maree brown <http://adriennemareebrown.net/2012/09/25/i-am-the-practice-ground/> <http://adriennemareebrown.net/tag/meditation/>
9. Harvard Health - Mini (1-3 minute) relaxation exercises: <https://www.health.harvard.edu/healthbeat/mini-relaxation-exercises-a-quick-fix-in-stressful-moments>
10. Thich Nhat Hanh: Mindfulness and Exercises <https://plumvillage.org/mindfulness-practice/>
11. Guided Meditation for Inner Peace and Calm / Mindful Movement <https://www.youtube.com/watch?v=iGWdUTiflQ>
12. 10-minute Bedtime Yoga with Mel Douglas of the Black Women's Yoga Collective <https://www.youtube.com/watch?v=QVoCmCLiFnI>
13. Yoga en casa 10 min para principiantes | Día 11 MalovaElena <https://www.youtube.com/watch?v=f2H4y3rbOBI>
14. Yoga Para Ti (Yoga For You) Beginner Spanish Yoga Flow <https://www.youtube.com/watch?v=jOpz3j8yyXI>
15. Yoga para principiantes <https://www.youtube.com/watch?v=1J8CRcoFekE>
16. 15 minutes CALMING YOGA for Stress Relief and Anxiety <https://www.youtube.com/watch?v=Nw2oBlrQGLo>
17. 15 minutes Seated Yoga Stretches for Headaches, Anxiety & Tension | Sarah Beth Yoga <https://www.youtube.com/watch?v=FjFFasD3kr0>
18. Virtual Hike: Moraine Lake Banff National Park, Alberta -Actual Sound/18min <https://www.youtube.com/watch?v=seWRWp7HKU0>
19. Wailea Beach Path, Maui, Hawaii, DJI Osmo 4K <https://www.youtube.com/watch?v=SYIEFsP8Hy0>
20. Virtual Nature Walk: A Walk In The Forest <https://www.youtube.com/watch?v=s944Md4aC7I>
21. Katmai National Park and Reserve in Alaska - Webcams <https://www.nps.gov/katm/learn/photosmultimedia/webcams.htm>
22. Plum Village Chant: Namó Avalokiteshvaraya Audio: <https://plumvillage.org/audio/chanting/namo-avalokiteshvaraya/>
23. America's Funniest Home Videos for folks to watch some short funny videos <https://www.youtube.com/c/afv/videos>

Contact us at the HAVI: <https://form.jotform.com/210546136539052>