

FREE Relaxation Downloads

A Smart Jumbo is a Relaxed Jumbo



Compiled by The Center for Health Promotion and Wellness/MIT Medical for Tufts University Health Service x73350

MIT

<http://web.mit.edu/medical/h-library.html>

University of Mary Washington

http://www.umw.edu/cas/psychservices/resources/download_relaxation_exerci.php

Western Washington University

<http://www.wvu.edu/chw/counseling/subpages/relaxdownload.shtml>

Indiana University

<http://healthcenter.indiana.edu/caps/relaxation.shtml>

The University of Liverpool

<http://www.liv.ac.uk/counserv/relax/index.htm>

University of Texas

<http://www.utexas.edu/student/cmhc/RelaxationTape/>

University of North Carolina

<http://caps.unc.edu/content/view/95/71/>

Hobart and William Smith Colleges

<http://www.hws.edu/studentlife/resources/counseling/relax.asp>