

Free Relaxation Audio Downloads

The following links will direct you to various free downloads of recordings designed to help you relax and reduce stress or sleep better. They can be downloaded to your computer or audio device. Trying using them before going to bed at night or when you have a few minutes to devote to relaxation. I have included several sources, because you may find certain music or certain voices more relaxing than others.

One place to start your search is iTunes. There are many free downloads available.

<https://itunes.apple.com/us/itunes-u/relaxation-audio-sessions/id431727868>

The following site has the following:

Deep Breathing & Guided Relaxation Exercises

Guided Imagery/Visualization Exercises

Mindfulness and Meditation Exercises

Progressive Muscle Relaxation Exercises

Soothing Instrumental Music

Link: <http://www.dartmouth.edu/~healthed/relax/downloads.html#deep>

This is the site where I found the recording most pleasing to me. It has the following recordings:

1.Ocean Retreat.mp3 - Beach Imagery

2.Trip to the Beach.mp3 - Beach Imagery

3.The River.mp3 – Provided with permission from Whole Person Associates: The Stress and Wellness Specialists

Progressive Muscle Exercises

1.Head to Toe.mp3

2.Toe to Head.mp3

Deep Breathing

1.Deep Breathing Exercise.mp3

Relaxation Music (music only)

1.Rolling Countryside.mp3

2.Wild Calls.mp3

3.Rainstick.mp3

Link: http://www.mckinley.illinois.edu/units/health_ed/relax_relaxation_exercises.htm

When going to this website, check the box at the bottom of the link page and you will be redirected to the recordings.

Link: <https://caps.byu.edu/relaxation-recordings>

My preferred recordings:

"Mindfulness Meditation"

Written and read by Angela Howell

"Progressive Muscle Relaxation"

Written by Joy Cox and Loren Brown, read by Loren Brown

"Autogenics: Full Body"

Written and read by Barbara Morrell, Ph.D.