





Sentara Martha Jefferson Hospital

Intentional Caring Mindfulness Playlist



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| |  | Mindful Awareness After a Tough Day
This brief mindful practice dedicated to someone who has had a tough day. | 5:58 |
| |  | Brief Body Scan Practice
This brief mindful practice will guide you through a short body scan to become more present and relaxed. | 4:31 |
| |  | Loving Kindness Practice
Loving Kindness is a positive cognitive practice to guide you on a path of cultivating a propensity for kindness, mentally sending love and warmth toward others. | 11:49 |
| |  | Body Scan
This mindful practice will guide you through a full-body scan to help you become more present and relaxed. | 11:22 |