

Guided exercises

Access a range of guided mental health and wellbeing exercises, with accompanying audio files.

[Autogenic training exercise](https://services.unimelb.edu.au/counsel/resources/guided-exercises/autogenic-training)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/autogenic-training>)

[Breath training exercises](https://services.unimelb.edu.au/counsel/resources/guided-exercises/breath-training)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/breath-training>)

[Mindfulness and meditation exercises](https://services.unimelb.edu.au/counsel/resources/guided-exercises/mindfulness-and-meditation)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/mindfulness-and-meditation>)

[Progressive muscle relaxation exercises](https://services.unimelb.edu.au/counsel/resources/guided-exercises/progressive-muscle-relaxation)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/progressive-muscle-relaxation>)

[Self-esteem exercise](https://services.unimelb.edu.au/counsel/resources/guided-exercises/self-esteem)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/self-esteem>)

[Sleep exercise](https://services.unimelb.edu.au/counsel/resources/guided-exercises/sleep)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/sleep>)

[Visualisation exercise](https://services.unimelb.edu.au/counsel/resources/guided-exercises/visualisation)

(<https://services.unimelb.edu.au/counsel/resources/guided-exercises/visualisation>)

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