



Here4TN Videos

Well-Being

- [Prediabetes: Healthy Changes You Can Make](#) (2.5 minutes)
- [Headaches: Avoiding Triggers](#) (1.5 minutes)
- [The Pain-Mood Connection](#) (1.5 minutes)
- [Sleep and Your Health](#) (1.5 minutes)
- [A Good Support System is Important](#) (2 minutes)
- [Substance Use and Coping](#) (3 minutes)

Financial

- [Financial Webinars](#)

Heart Health

- [Preventing Coronary Artery Disease](#) (1.75 minutes)

Mindfulness

- [How to Do Mindfulness Meditation](#) (3.5 minutes)
- [Mindfulness: Practice Breathing](#) (3.5 minutes)
- [Relaxation Exercise: Deep Breathing](#) (2 minutes)
- [Relaxation Exercise: Guided Imagery](#) (3.5 minutes)
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Stress Management

- [How to Do Progressive Muscle Relaxation](#) (7 minutes)
- [3 Breathing Exercises to Help You Relax](#) (4.5 minutes)
- [Stress Management: Using Yoga to Relax](#) (3 minutes)

Tobacco Cessation

- [Quitting Smoking: The Rewards Start Now](#) (2 minutes)
- [How Secondhand Smoke Affects Your Child](#) (2 minutes)

Weight Management

- [BMI, Waist Size, and Your Health](#) (1.5 minutes)
- [Healthy Weight: Make Your Plan](#) (2.5 minutes)