VIRTUAL
CALMING
ROOM

# HOME

Hello and welcome to the virtual calming room. If you are here that means you may be going through some things and need a moment to decompress. Please take as much time as you need and remember your feelings are valid no matter what they are!
While you are here take some time to **Breathe!**
This website is here to support faculty, students, and parents and can help provide some tools to manage your emotions and feelings
**We are here to support you!**

**-NFHS**

The following links are purely for educational purposes and are not intended as psychological interventions or as a substitute for psychological treatment. If you are in need of psychological help you should seek the consultation of a licensed mental health professional.

Sounds & Music

Guided Meditation

Visual Relaxation

If You Need Immediate Support, Please Reach Out!

Yoga

Live Animal Cameras

ASMR

Coloring & Creativity

Mindfulness

Smartphone Apps

Puzzle Games

Self-Care Toolkit

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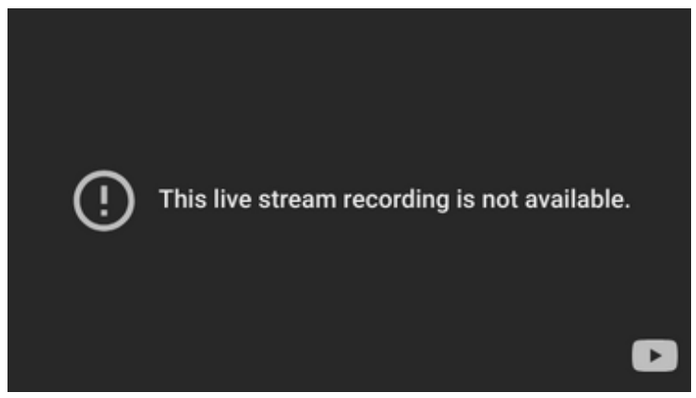
# SOUNDS & MUSIC

Healing

Relaxing Sleep Music

Fall Asleep Instantly

Mountain Stream

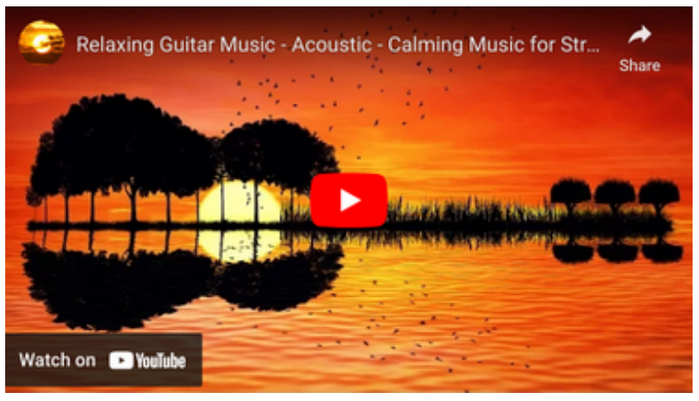



Bird

Piano with Rain & Thunder

Piano

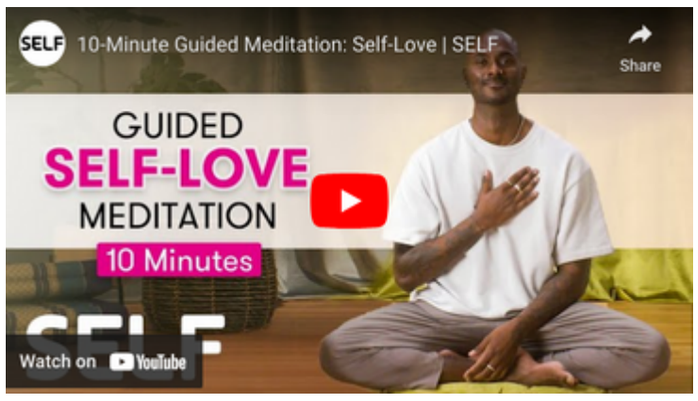
Harp




Guitar

# GUIDED MEDITATIONS

Anti-Anxiety Cleanse




Self-Love Meditation

Clear Your Mind

Letting Go

Let Go of Worries

Sleep Talk-Down

Manifest In Your Sleep

Stillness Meditation

Detachment from Over-Thinking

# VISUAL RELAXATION

Snow Fall

Abstract Liquid

Autism Calming Music

Kaleidoscope Meditation

Autism Calming Sensory

Space

Starscapes

Lanterns Sensory

Lava Lamp

# IF YOU NEED IMMEDIATE SUPPORT, PLEASE REACH OUT

**Crisis Hotlines:**

**Suicide & Crisis Lifeline: Dial 988**

**Crisis textline: text GOT5 to 741741**

**OASAS HOPEline:**

**Call 1.877.8.HOPENY or text HOPENY**

**NY State Domestic Violence & Sexual Violence Hotline:**
**1.800.942.6906 or text 1.844.997.2121**

**Crisis & Domestic Violence Shelters:**

**Community Missions - 716.285.3403**
**www.communitymissions.org**
**1570 Buffalo Ave. Niagara Falls, NY. 14303**

**Haven House - Child & Family Services - 716.884.6000**
**P.O. Box 451, Ellicott Station, Buffalo, NY. 14205**

**<u>Children, Youth, & Family Services</u>**

**Covenant House Nineline: 1.800.999.9999**

**If you are deaf or hard of hearing: contact us using 711 (National Relay Service)**

**If English is not your primary language you have instant access to over-the-phone language interpreters 24 hours a day.**

**Girls and Boys Town National Hotline: 1.800.448.3000**
**TDD line: 1.800.448. 1833**

**Spanish-speaking counselors & translation services, representing more than 140 languages, are also available**

# CALMING ANIMAL VIDEOS

Forest and Bears

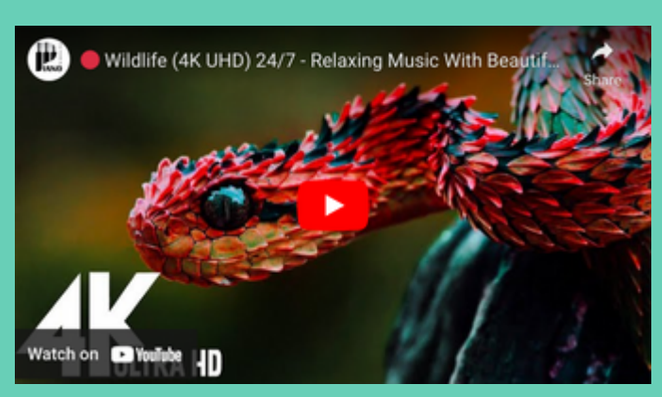
Under Water Relieve Stress

Under Water

Under Water 2

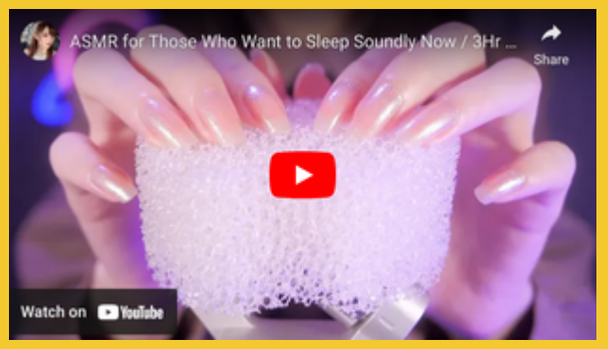
Bunny Cam

Jelly Fish



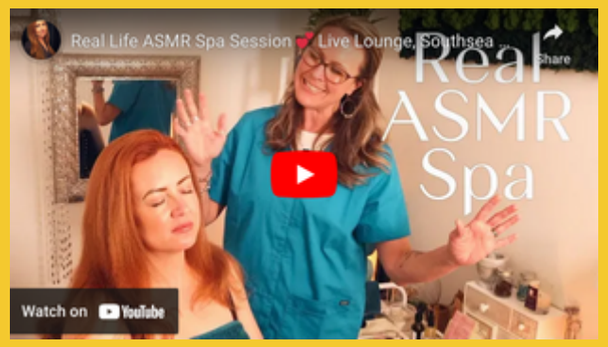

Wildlife

# ASMR

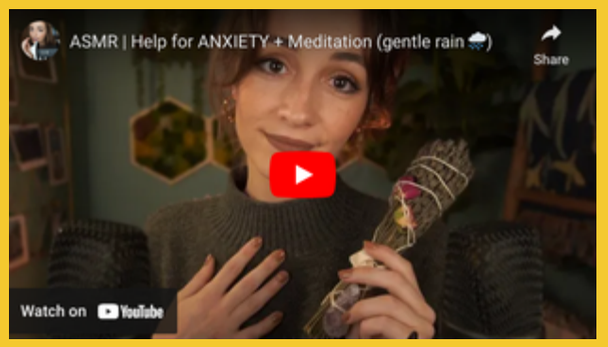



ASMR for Sleep

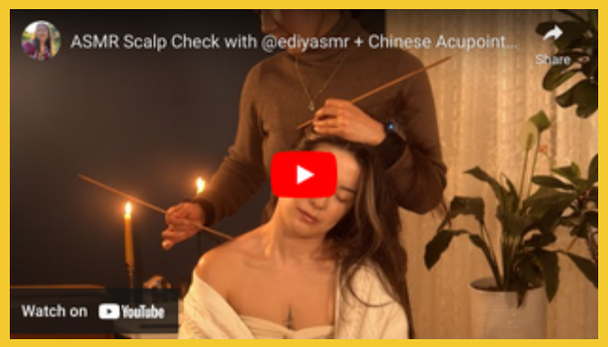
Sleepy ASMR




Real ASMR Spa




Anxiety ASMR




ASMR Scalp Check

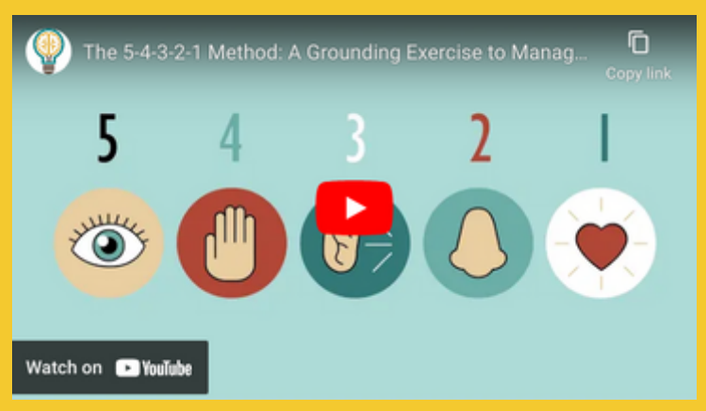
Slime ASMR

# Mindfulness

Be Present

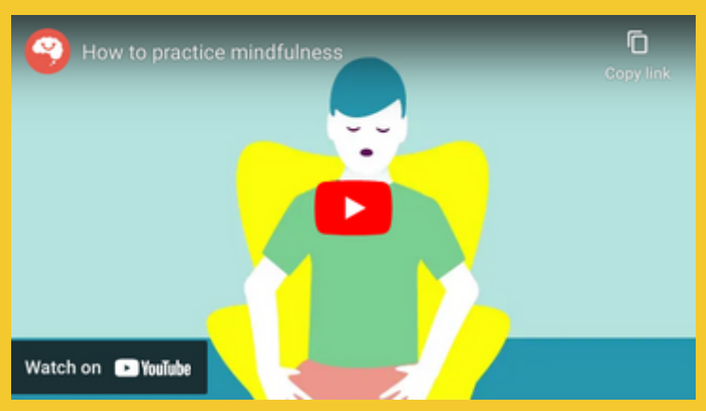
Letting Go

What Is Mindfulness




Grounding Exercise

Mindfulness for Children




Practicing Mindfulness

Mindfulness Meditation For Kids

Mindfulness Exercise

How Mindfulness Helps Anxiety