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You can read more about what's going on if you want, here. When I feel like this, I know that the biggest thing I can do to support myself is to meditate either by using conscious breathing techniques or by listening to guided meditation. I found that meditation gave me a break from any negative that I felt and it actually shifted my consciousness so I could see life in a more positive way, which in turn eased my depression/anxiety/fatigue; sometimes, it eradiates it completely. I've amassed 10 of my favorite guided meditations, all free on YouTube. No matter what problem you face in your life, or even if you're just looking for a quiet relaxing time for yourself, there are guided meditations that will be perfect for you. Have a flick through the list and see which ones you are drawn to.1. Sleep Chakra Meditation (&Healing; Cleaning) Length: 35 minutes (22 minutes guided meditation + 13 minutes of relaxing music)What I like about it: I created this meditation to help everyone who needs sleep help and needs to rebalance their chakra. Whenever I do this meditation, I really feel as though I have cleaned the energy in my body and recharge all the points of chakra energy in me. I finished this and felt: Complete/whole, authorized. I have a deep sleep. Perfect for those who: Want to sleep peacefully and get up revived for the day with fully rechargeable energy. Or anyone who needs the healing or cleaning of their powerful energy system.2. Fast Sleep – 10 Minutes SleepFul Meditation: 10 minutesWhat I like about it: the music itself is so beautiful and this meditation place brings you very special – the land of dreams filled with all your favorite things! I finished this and felt: As if the Angels had scooked me into their arms and delighted all my problems – I fall asleep quickly. Perfect for those who: Suffer from insomnia and need sleep support quickly.3. The Five Minutes Miracle.Length: 5 minutesWhat I liked about it: It only took 5 minutes to remember to think positive, caring thoughts about ourselves and the world. I finished this and felt: Consciously – I recalled I was a force in my world and I could choose to make my day/life amazing. Perfect for those who: Want a quick daily reminder to be aware and to empower themselves to live a joyful, caring life.4. Guided Sleep Meditation - Forest.Length: 26 minutes (16 minutes guided meditation + 10 minutes Relaxing)What I like about it: This alliest forest is a very special place. When I heard it, I felt as if the whole jungle looked after me, nurtured and held me. It is easy to sleep in this ultra-quiet place. I finished this and felt: Nurtured, safe and quiet – I slept well! Perfect for those who: Do need a beautiful night's sleep, free of all anxiety and For Self-Esteem and Acceptance, Concern and Depression.Length: 21 minutesWhat I love about it: How wonderful this makes you feel about yourself and about life. The sound is exotic and transports you to a safe and beautiful place. I finished this and felt: Optimistic, compassionate towards myself and others. Perfect for those who: Want to increase self-esteem and feel optimistic.6. Happiness Meditation.Length: 20 minutesWhat I love about it: It takes you on a journey of excitement to divert your energy to one of the positiviti in just a few minutes. I finished this and felt: It's as if I'm just enjoying the most relaxing, up-to-date, joyful experience that life has to offer – It's amazing! Perfect for those who: Need to lift their spirits and feel good. 7. Mindfulness Relief Meditation.Length: 16 minutesWhat I love about it: The blue light in this meditation is very strong and has the feeling of being in one of the spa's floating baths - so relaxing! It works quickly to turn all concerns into security and inner tranquility. I finished this and felt: Supported, scared and so safe. Perfect for those who: Need to let go of all their pressure and concerns and feel very calm again.8. For Insomnia, Sleep Night.Length: 62 minutesWhat I love about it: How calming this is when you can't sleep and how much it supports you to drift back. I finished this and felt: Sleep! Perfect for those who are: Is there suffering with insomnia or fear of not sleeping.9. Body Healing, Mind & Spirit.Length: 40 minutesWhat I love about it: It's really not deep healing on a cellular level and I believe we can all benefit from hearing this meditation because it's so relaxing and interesting a lot. I finished this and felt: Very relaxed, cured. Perfect for those who: Requires healing, leeway and positive confirmation. 10. Forgiveness, Letting Go.Length And Letting Go.Length Go.Length: 13 minutesWhat I love about it: I love the voice of this angel and how beautiful this meditation helps us release uns wanted baggage. I finished this and felt: Free and light, I embarrassed myself and made security with my past. Perfect for those who: Need to let go of guilt, forgive yourself and others, let go of the past. Recent additions (guided meditation created me!) 11. Many Powerful Meditations – Real Your Dreams! Length: 16 minutesWhat I love about it: You realize the strong creative that you have in you! You describe every aspect of life that you want and you create it. I finished this and felt: As if I had done Very strong – Excited, energetic and very happy. Perfect for those who: Want to show their dream life.12. Guided Meditation: &Deep Relaxation; Bliss.Length: 14 minutesWhat I like about it: this is a short meditation that will very quickly rest you and make a place of tenderness within you. I finished this and Central. Perfect for those who are: Need to quickly stress-relieve.13. Letting Go Meditation - Freedom of all Limitations! Length: 22 minWhat I like about it: Letting goes to feel simple in this meditation. I finished this and felt: Released, light. Perfect for those who: Want to unleash limited beliefs and trapped emotions. Don't wait to start asking. No matter your experience, you can find a pair of earphones and give yourself some minute of precious time 'you' that you deserve. I promise you won't regret it! With love, Jess loves, Jess

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