These tips were compiled from [The Seattle Dizzy Group](https://seattledizzygroup.org/), which is a support group for those with vestibular conditions. You are not alone. Please enjoy their suggestions:

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**Schedule time**

Make commitment to self-care however it works for you: daily or weekly.

**Morning visualization**

Visualize how you want your day to go. Also consider if there are things that may pop up how you will handle the situation.

**Guided Meditation Suggestions**

[Calm App](https://www.calm.com/?gclid=Cj0KCQiAy579BRCPARIsAB6QoIZiVfiQOrxQxaZgbt7b-KOzW5EtBJmcheMZy8Q1kqOaGIE8R_K2mswaAvY0EALw_wcB)

[Breeth](https://breethe.com/)

**Meditations**

From [The Symbolic Life](https://www.thesymboliclife.com/)

1. [Love and kindness](https://static1.squarespace.com/static/5e151991e434bd485427ee72/5e8103e263d7965a88b8178c/5e81047963d7965a88b83080/1585513603192/LovingKindness.mp3)

2. [Mediation Walk](https://static1.squarespace.com/static/5e151991e434bd485427ee72/5e8103e263d7965a88b8178c/5e8a09aa5ad4505403ffed29/1586104793272/Walking%2BMeditation.mp3)

3. [Chakra Cleansing Meditation](https://static1.squarespace.com/static/5e151991e434bd485427ee72/5e8103e263d7965a88b8178c/5e93b19ed15e8e3d2cd68651/1586737610762/CHAKRA%2BMED.mp3)

[Carolyn McManus Meditations](https://carolynmcmanus.com/guided-meditations-free-downloads/)

**Body scan**

A sitting meditation that follows your body. Suggestion for those with vestibular conditions is to pay attention/scan the external sensations around you such as fabric on your skin, shoes on your feet. This brings awareness outside of yourself which can be powerful and grounding.

[Body Scan](https://soundcloud.com/seeking-balance/body-scan-finding-steadiness)

**Resources from people with a vestibular condition:**

[The Dizzy Cook](https://www.youtube.com/results?search_query=the+dizzy+cook)

[Vestibular Warrior](https://www.youtube.com/channel/UCQDDQvnzUqzqqwy1qrStdwg)

[Seeking Balance International](https://www.youtube.com/channel/UClQIqjJDFD7zMdFHWfSjkTw/videos)

[Mind Over Meniere’s](https://www.mindovermenieres.com/)

**Breathing techniques**

[Alternate nostril breathing](https://www.youtube.com/results?search_query=alternate+nostril+breathing)

[Square breathing](https://www.youtube.com/results?search_query=square+breathing+)

**Fitness/movement**

[Reduce Stress](https://www.youtube.com/watch?v=grfXR6FAsI8)

[Qigong with Nikki Caster](https://www.youtube.com/channel/UCSRwvEBf_RU2B-VwaZqfNrA)

[Boost Your Brain’s Balance Class](https://www.vestibularspecialists.com/balance-class)

**Embrace anxiety**

[Therapy In A Nutshell](https://www.youtube.com/channel/UCpuqYFKLkcEryEieomiAv3Q)

Understanding anxiety and not letting it overwhelm you. Work with a professional if needed.

**Practice Gratitude**

Think of a few things you are grateful for every day. Writing it down may help or doing it to start or end your day.

**Improve Sleep**

[How to improve sleep](https://www.helpguide.org/articles/sleep/getting-better-sleep.htm)

[Brain dump](https://www.youtube.com/watch?v=Bpo41WGeqFs)

[Beat insomnia](https://www.youtube.com/watch?v=CAGUVH_yIRE)

[Best Sleep Apps](https://www.sleepassociation.org/sleep-treatments/sleep-apps/)