

# VIDEO VIEWING INSTRUCTIONS

## Best Practices For Watching Mindful Music Videos

### WHERE TO WATCH

Daily Mindful Music videos are posted on YouTube.

**\*Videos can only be accessed by clicking the unique links in your portal.\***

Subscribe to The Well's YouTube channel for updates on Mindful Music commissions and other programs for youth and adults: [YouTube.com/@thewellworld](https://www.youtube.com/@thewellworld)

### HOW TO WATCH

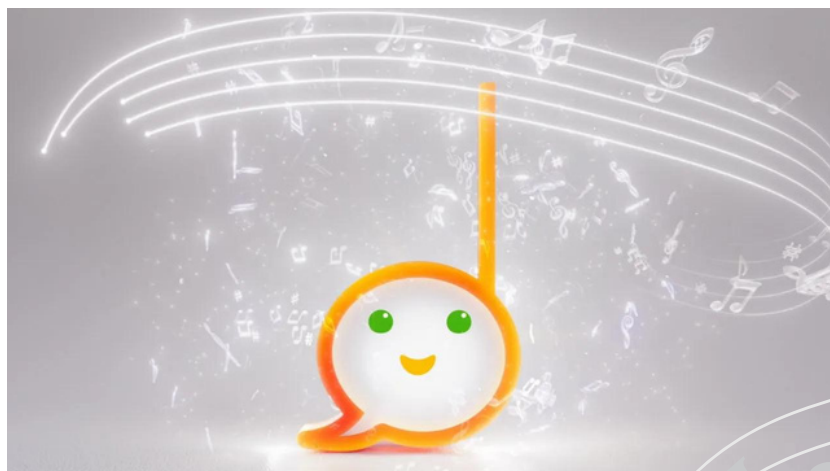
**For the best viewing experience, watch our videos in the highest quality possible!**

**Audio levels may vary** depending on the video and the device or speakers you are playing it from. Listen to your video before playing for a larger audience and **adjust the volume to your preference in advance** either in the YouTube video player, in your device's volume settings, or on your speakers.

**Experiencing blurry video?** Be sure you have selected the highest possible viewing quality!

1. In the YouTube video player, select Settings (Gear Icon).
2. Select Quality.
3. Select any of the following quality levels available:
  - o **2160p 4K** (highest recommended quality)
  - o 1440p HD
  - o 1080p HD
  - o 720p (lowest recommended quality)

For more assistance on YouTube video quality, [click here](#).



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### EXPERIENCING DIFFICULTIES?

Many factors can cause video or audio playback issues, such as internet or device connection. If a video is freezing or buffering, or you experience an error, you may be experiencing a video playback issue.

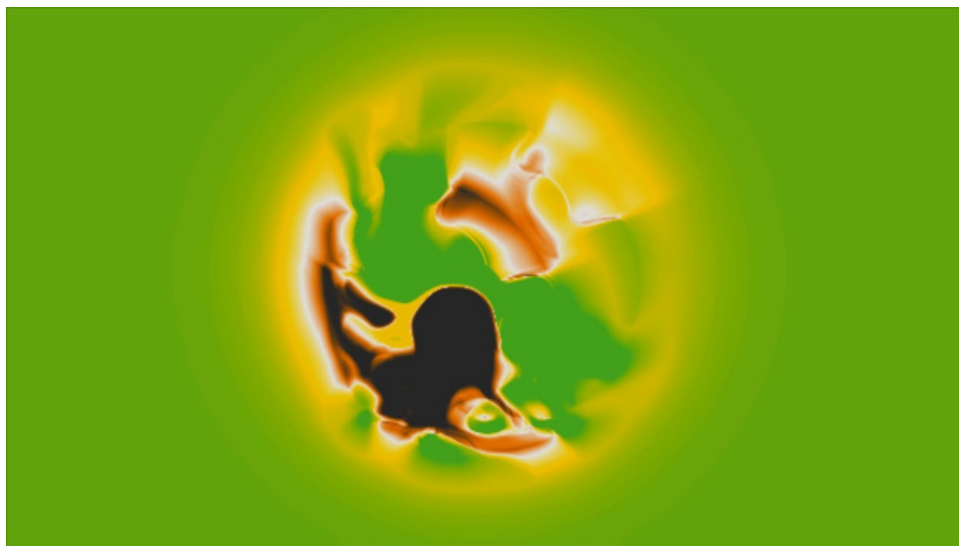
#### 1. Ensure you have a good internet connection.

- An internet or cellular data connection is required to access our portal content and YouTube.

#### 2. Allow your video to buffer in advance.

- Depending on your internet speed, higher-quality videos may take longer to load. To avoid any interruptions during your Mindful Music Moment, open the video and allow it to load for a few minutes before you start.

For more assistance with troubleshooting video errors, freezing, or audio issues, [click here](#).



For questions and assistance, contact

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