

Mindfulness Resources

Mindfulness practices can help improve your ability to regulate emotions and decrease stress, anxiety and depression. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment. Practicing mindfulness techniques such as guided imagery and breathing exercises may help you relax, reduce stress and anxiety, lower your blood pressure and experience other positive effects on your mental and physical health, according to the Mayo Clinic.

You can practice mindfulness anywhere, without any equipment, and at no cost to you! To get started, check out the following resources.

Websites:



<https://www.mylifeexpert.com> This is the incredibly informative website of the Employee Assistance Program.

 **headspace** <https://www.headspace.com/> Try it free. Mindfulness for your everyday life.

mindful <https://www.mindful.org/> Free resources to find calm and resilience every day.
healthy mind, healthy life

Apps:



Smiling Mind App: This meditation app is completely free, with no paid version available. It offers hundreds of meditation courses. With different categories of meditation, you can easily customize the app to show courses that you may be interested in.



Calm App: This popular meditation app offers a free version and a premium (paid for) version. It provides users with guided meditation for topics ranging from anxiety, sleep, self-care and personal growth. This app also offers soothing music such as distant ocean waves, light rain and white noise.



Insight Timer App: This app provides users with a packed library of guided meditations from the world's top mindfulness experts.



Stop, Breathe & Think App: This app offers an adult version and a kid's version for guided meditations and other activities. This app can be customized to your needs when it comes to mindfulness and mental health.



Ten Percent Happier App: Learn the basics of meditation and get reminders to meditate straight to your phone free. Premium version is available to unlock more meditation courses.



Meditopia App: Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath. With over 7 million members worldwide, they offer each of these members deep-dive meditations. Even if you don't have your iPhone with you, you can access all of the content from Apple Watch, and start your day off with a daily meditation or one of your favorite practices.
