

Mindfulness Resources

Thank you for joining us to learn more about mindfulness. Below are several links to resources we discussed to help you continue to learn and grow and take care of your family and yourselves.

Guided Meditations

<http://www.freemindfulness.org/download>

<https://www.thepathprovides.com/blog/7-amazing-guided-meditations-for-beginners>

<https://www.lovejoyandwonder.com/20-minute-guided-mindfulness-meditation/>

<https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>

Body Scans

<https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>

https://ggia.berkeley.edu/practice/body_scan_meditation

<https://the-reflective-mind.com/body-scan-meditation-script/>

<https://www.mindful.org/beginners-body-scan-meditation/>

Mindful Eating

https://ggia.berkeley.edu/practice/raisin_meditation

<https://neoncherries.com/7-mindful-eating-exercises/>

<https://www.consciouslifestylemag.com/mindful-eating-food-health/>

Mindful Walking

https://ggia.berkeley.edu/practice/walking_meditation

Mindful Breathing

<https://www.anxietycanada.com/articles/mindfulness-mindful-breathing/>

https://ggia.berkeley.edu/practice/mindful_breathing

<https://www.therapistaid.com/worksheets/deep-breathing-worksheet.pdf>

<https://www.takingcareofyou.co.uk/5-breathing-exercises-to-help-reduce/>

Gratitude

<https://rhythmsofplay.com/gratitude-journal-prompts-printable/>

<https://thrivingforfive.com/gratitude-practice/>

<https://www.momcandothis.com/free-gratitude-journal/>

<https://localadventurer.com/52-weeks-of-gratitude-challenge-complete/>

<https://www.gorgeousmindset.com/gratitude-challenge/>

Mindful Living

<https://www.purethoughts.co.uk/blog/10-Simple-Ways-to-Stay-Mindful-Throughout-Your-Day>

<https://www.mindfulmazing.com/10-steps-to-mindfulness/>

Exercise

<https://www.evergreenyfs.org/Youth%20Anxiety%20Handouts.pdf>

Meditation Podcasts

https://yourhappinessquest.com/2018/11/29/meditation-podcasts/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=588100552_18867728_502918