



mindfulness

EXERCISES

Mindful Eating a Practice: Handout class 4

Resources

Guided Meditations

sharingmindfulness.com > look under downloads

mindfulnessexercise.com > look under meditations

selfcompassion.net > look under practices

uclahealth.org > enter meditations in the search box

Weekly News Letters

rickhanson.net > look under writings > Just One Thing, life practices for resilient happiness

mindful.org

Apps

Insight Timer

Stop Breathe Think

10% Happier Meditation for Fidgety Skeptics

Simple Habit

Happify

Headspace

Remindfulness

Buddhify – on the go meditation



Journey to Health



Pen Bay Medical Center | Waldo County General Hospital

Books

[Say What You Mean: A Mindful Approach to Nonviolent Communication](#) by Oren J Sofer

[Real Happiness](#) by Sharon Salzberg includes a CD with instructions & guided meditations

[The Mindful Self-Compassion Workbook](#) by Kristen Neff, PhD & Christopher Germer, PhD

Yoga Nidra

<https://www.irest.org> - Richard C Miller

<http://jenniferreisyoga.com> – Jennifer Reis

<https://wholesomeresources.com> – Julie Lusk

“There is something mysterious and sacred about being alive. It’s an awareness of something that is too important to forget.” – Christina Feldman