

Guided Mindfulness Exercises

- UCSD Center for Mindfulness, Mindfulness-based Stress Reduction, <http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>
- UCLA Mindful Awareness Research Center, <http://marc.ucla.edu/body.cfm?id=22>
- San Francisco Acceptance and Commitment Therapy, <http://sf-act.com/resources.php>
- Tara Brach, Meditation, Emotional Healing, and Spiritual Awakening, <http://www.tarabrach.com/audioarchives-guided-meditations.html>
- Insight Meditation Center, <http://www.audiodharma.org/series/1/talk/1835/>
- Guided Self-Compassion Meditation, <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>
- Mindful Self-Compassion, http://www.mindfulselfcompassion.org/meditations_downloads.php
- Headspace, <http://www.getsomeheadspace.com/>

Guided Relaxation Exercises

- Relaxation recordings, Harry S. Truman Memorial VA Hospital, http://www.columbiano.va.gov/services/Relaxation_Recordings.asp
- Dartmouth University, Health Promotion, <http://www.dartmouth.edu/~healthed/relax/downloads.html>

Smartphone Apps for Meditation or Relaxation

- Headspace, <http://www.getsomeheadspace.com/>
- Breathe2Relax by The National Center for Telehealth and Technology
- Mindfulness Meditation by Mental Workout
- Simply Being by Meditation Oasis (\$0.99)