**Mindfulness Practice Tools**

**YouTube Videos**:

* “Leaves On a Stream” [7:57]: <https://youtu.be/yIlZHoiOb0s>

 This video is a mindfulness exercise. Sitting in a comfortable position, imagine that you are sitting next to a gentle stream with leaves flowing by on the water. When thoughts pop into your mind, imagine taking the thought and putting it on a leaf and watching it drift down the stream. As thoughts come to mind, continue to imagine putting your thoughts on leaves and watching them float down the stream. After 5-10 minutes you can draw your awareness back to your breath and surroundings.

* “Making space” [9:32]: <https://youtu.be/Qkw89NRcowA>

The purpose of this mindfulness exercise it to make space for particularly difficult sensations or feelings that we may find in our body. In a comfortable seated position close your eyes and allow yourself to do a scan of your entire body. If you find that there is a particularly difficult sensation or feelings somewhere in your body allow yourself to focus on that area. Remain curious about that space and notice if that area has a particular size or shape or color. After exploring that space, allow yourself to take some deep breaths and send your breath to that area. In doing so create more space for that difficult sensation or feeling within your body. After breathing into that space, notice if that feeling or sensation has changed at all. You can then open your eyes and draw your awareness back to your surroundings.

* “Observing & Naming Thoughts, Mindfulness Exercise with Naomi Goodlet” [9:47]: <https://youtu.be/AVRGF3e4Zxw>
* “Exploring the Difficult Meditation” [24:00]: <https://youtu.be/Qu7blXX1a8A>
* “10 Min Sitting Meditation” [9:49]: <https://youtu.be/2L00t5VeVjQ>

**Free Apps for Your Phone:**

* **Calm:** Includes a free 7-day course on the basics of mindfulness
* **Headspace**: Includes a free 10-day course on the basics of mindfulness including explainer videos. You can also find headspace on Netflix!!!
* **One Moment Meditation:** Starts with a 5 minute video about how to meditate in just 60 seconds a day, then has a timer with an optional guided introduction and conclusion. <https://youtu.be/F6eFFCi12v8>
* **Insight Timer:** Has many free guided exercises
* **Smiling Mind**: Has many free guided exercises

The best meditation app which is not free (but worth every penny): [Waking Up with Sam Harris - Discover your mind](https://app.wakingup.com/)