



Mindfulness Resources

Video introduction of Mindfulness:

What is Mindfulness? by Steven Hickman, Psy.D.

<https://www.youtube.com/watch?v=qgMpJEkchM8&feature=youtu.be>

The Effects of Mindfulness by Kevin Barrows, MD

<https://www.uctv.tv/shows/The-Effects-of-Mindfulness-31364>

Information Session on Mindfulness and its effects (by Dr. Kevin Barrows, 1.5 hours)

<https://www.uctv.tv/search-details.aspx?showID=31007>

Guided audio and video from the Center for Mindfulness at UCSD:

<https://soundcloud.com/ucsdmindfulness/5-min-checkin-by-christy-cassisa>

<https://soundcloud.com/ucsdmindfulness/mpeak-5-min-open-awareness-meditation-by-pete-kirchmer>

<https://soundcloud.com/ucsdmindfulness/mpeak-5-min-body-scan-by-pete-kirchmer>

Free Audio Downloads for Mindfulness Practice

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

Mindfulness-Based Stress Reduction – Free Online Course

<https://palousemindfulness.com/index.html>

Mindfulness Apps for your Mobile Device

- Headspace (basic is free)
- Calm (basic is free)
- Insight Timer (basic is free)