

Mindfulness & Meditation Resources

MARC - UCLA

<https://www.uclahealth.org/marc/mindful-meditations>

UCLA Mindful Awareness Research Center, MARC, offers free audio meditations along with written transcripts of each meditation available in both English and Spanish.

UCSD Center for Mindfulness

<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pageds/audio.aspx>

The Center for Mindfulness at UCSD is a multi-faceted program of professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society. Free guided audio and video mindfulness meditation. Audio meditations can be downloaded

Self-Compassion – Dr. Kristin Neff

<https://www.self-compassion.org>

This is the website of Dr. Kristin Neff, the foremost researcher in the area of self-compassion. Research has shown that individuals with higher levels of self-compassion are more resilient, recover from injuries/illnesses more quickly and are less likely to develop disorders such as PTSD. Look for "Practices" on the banner at the top of the page, click on it to find "Guided Meditations" and "Self-Compassion Exercises." Guided meditations can be downloaded for free.

Phone Apps: (Note: Some apps charge a subscription fee. Most are available for both iPhone and Android)

- UCLA Mindful
- Calm
- Headspace: Meditation & Sleep
- The Mindfulness App: relax, calm, focus and sleep
- Insight Timer
- Stop, Breathe & Think: Meditation & Mindfulness.

mPEAK (A program from UCSD-San Diego, originally developed for the U.S. Olympic BMX team)

<https://insighttimer.com/petekirchmer/guided-meditations/awareness-of-breath-with-counting-mpeak>

<https://insighttimer.com/petekirchmer/guided-meditations/body-scan-mpeak>

<https://insighttimer.com/petekirchmer/guided-meditations/inner-compassionate-coach-meditation>

<https://insighttimer.com/petekirchmer/guided-meditations/mental-noting-mpeak-8>

YouTube: FLOW Movements

https://www.youtube.com/watch?v=nNB76_QTCJc&feature=youtu.be

<https://www.youtube.com/watch?v=71uEeoLwyug&feature=youtu.be>

<https://www.youtube.com/watch?v=haVTaKP1DDQ&feature=youtu.be>

https://www.youtube.com/watch?v=6FY_KEvbbAA&feature=youtu.be

Recommendations: • Use headphones if possible to limit ambient noise. Start with 5-10 minutes and work up to 20 minutes/day, 5-7 days/week