

Mindfulness Supplemental Materials

Mindfulness Resources:

<https://insighttimer.com/>

Free and continuously expanding platform includes a library of nearly 13,000 guided meditations from over 2,600 teachers with customized topics (stress, relationships, anxiety), music and more.

www.breathe.com

Free-mium* meditation tool with tailored topics and mindfulness and meditation techniques

www.yogainternational.com

*Free and membership-based yoga resource includes yoga practice videos for all levels, hundreds of classes and courses for members, and an inspirational blog that covers myriad topics including practices for individuals with particular health issues, research findings, inspirational stories and more.

Mindfulness Videos:

https://youtu.be/G0T_2NN

Want to know a bit more about why you flip your lid? Dan's discussion of how the "downstairs brain" can flood the "upstairs brain" with emotion.

<https://www.youtube.com/user/TheOmegaInstitute/search?query=meditation>

Covering a breadth of meditation and yoga traditions, this channel is filled with short videos by world renowned educators on a wealth of topics related to mindfulness, mental health, humanity, relationships, as well as guided meditations and inspirational talks.