

Mindfulness Resources

What is mindfulness?

Video (3.5 min) - <https://www.youtube.com/watch?v=mjtfyuTTQFY>

Video (4 min) - <https://www.youtube.com/watch?v=aNCB1MZDgQA&t=45s>

Article

Mindful.org - <https://www.mindful.org/what-is-mindfulness/>
<https://www.mindful.org/meditation/mindfulness-getting-started/>

How can I practice mindfulness?

Article

Mindful.org - <https://www.mindful.org/mindfulness-how-to-do-it/>
<https://www.mindful.org/mindfulness-meditation-guided-practices/>

Video (5 min) - <https://www.youtube.com/watch?v=inpok4MKVLM>

Guided Practice

(10.5 min) - <https://www.youtube.com/watch?v=ZToicYcHI0U>

(10.5 min) - https://www.youtube.com/watch?v=6p_yaNFSYao