

## Domestic Violence & Mental Health Collaboration Project - MINDFULNESS RESOURCES

*We have compiled this list of mindfulness resources to support you if you wish to integrate mindfulness practices into your life. There are many resources to explore. This is just a sampling, not a comprehensive list and we are not endorsing any of the resources. Utilizing these resources is voluntary. If you choose to do so, we hope you will give us feedback about your experiences and let us know if any changes should be made to this list. Please send comments to Alison Iser, Project Manager at [alison@endgv.org](mailto:alison@endgv.org).*

### Mindfulness Apps (all are available on iOS & Android)

App	Cost	Description	More Info
Calm	Free app, some material has subscription fees	Soothing nature sounds, mindfulness meditation instruction, program to help with falling asleep	<a href="http://www.calm.com">www.calm.com</a>
Headspace	Some free content, then \$12.99/month	10-day free mindfulness instruction, then more meditations available via subscription. Has a buddy system to encourage meditating	<a href="http://www.headspace.com">www.headspace.com</a>
JKZ Series 1, 2 and 3	\$9.99 each	Recordings of John Kabat-Zinn include body scan, mindful yoga, sitting meditation, and bell.	<a href="http://www.mindfulnessapps.com">www.mindfulnessapps.com</a>
Mindfulness Bell	Free	A bell you can set it to remind you to meditate, to alert you to end an unguided meditation session, to get a group's attention, etc.	
Stop, Breathe & Think	Free	Includes meditation instruction, a variety of guided meditations including a body scan, mindful walk, gratitude meditation, etc. You can track your time.	<a href="http://www.stopbreathethink.org">www.stopbreathethink.org</a>

## Mindfulness Websites

Name	Description	Link
Palouse Mindfulness	Free Online Mindfulness-Based Stress Reduction Class	<a href="http://www.palousemindfulness.com">www.palousemindfulness.com</a>
Free Mindfulness Project	Lots of free mindfulness resources - apps, guided meditations, image gallery, blog, discussion forums, videos	<a href="http://www.freemindfulness.org">www.freemindfulness.org</a>
UCLA Mindful Awareness Research Center	Guided meditations in English and in Spanish, podcasts, videos, and online classes	<a href="http://marc.ucla.edu">http://marc.ucla.edu</a>
Mindful Schools	Online courses and resources to help educators integrate mindfulness into their lives and their work with youth	<a href="http://www.mindfulschools.org">www.mindfulschools.org</a>

## Mindfulness Reading

Name	Description	Author
A Mindfulness-Based Stress Reduction Workbook	Step-by-step instructions for practicing mindfulness-based stress reduction with a link to accompanying audio files.	Bob Stahl, PhD and Elisha Goldstein, PhD
Sitting Still Like a Frog: Mindfulness for Kids (and Their Parents)	A resource for parents to teach mindfulness to their children. Includes a variety of exercises and a CD. Also available in Spanish.	Eline Snel
Wherever You Go, There You Are Mindfulness Meditation in Everyday Life	A delightful introduction to the ways and whys of meditating	Jon Kabat-Zinn, PhD

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