



Mindfulness Resource Guide & Takeaways

Apps

- Calm (iOS/Android) – meditation for kids & adults, music, sleep stories
- Headspace (iOS/Android) – meditation for kids & adults
- Insight Timer (iOS/Android) – free content from thousands of teachers worldwide
- Chill (iOS/Android) – meditation quotes and mindfulness reminders
- Simple Habit (iOS/Android) – five-minute meditations (and more) for busy people
* Get 30 days free using code *MEDITATEwithMASTERMIND* *

Books

- *Wherever You Go, There You Are* (Jon Kabat-Zinn)
- *Modern Mindfulness* (Rohan Gunatillake)
- *10% Happier* (Dan Harris)
- *Real Love: The Art of Mindful Connection* (Sharon Salzberg)

TED Talks

- All it takes is ten mindful minutes (Andy Puddicombe)
- Your body language shapes who you are (Amy Cuddy)
- Want to be happier? Stay in the moment (Matt Killingsworth)
- How to make stress your friend (Kelly McGonigal)

Mindfulness & Stress Management Tips

1) S.T.O.P.:

- Stop what you're doing
- Take three deep breaths
- Observe thoughts, feelings, sensations
- Proceed in a way that supports you

2) Take a Sensory Pause: 5-4-3-2-1

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

3) Mindful Journaling Prompts

- Describe one event in your day using all five senses.
- What is your story of the moment? What story have you been living lately?
- This week, I intend to align my actions, words and thoughts with these three values...
- Today, I am grateful for... [write 3-5 things with 1-3 descriptive sentences per item]