



































Relaxation and Mindfulness (Click the icons to link to resources)

			Breathe to Relax	Diaphragmatic breathing trainer	Free
			Yoga-pedia	Images and instructions for nearly 100 yoga poses	Free
			Tactical Breather	Train breathing to lower reactivity	Free
			Stop, Breathe & Think	Mindfulness exercises	Free
			HeadSpace	Meditation made easy. Free trial.	Free+
			Smiling Mind	Easy meditations	Free
			Calm	Meditations	Free
			Simply Being	Guided meditations	\$1.99
			Fluid Monkey	Mesmerizing liquid simulation	Free
			Relax Melodies	Create a mix of calming sounds	Free
			White Noise Lite	White noise	Free
			Nature Sounds	Sounds of nature to relax and sleep	Free
			Buddhist Meditation Trainer	Personal trainer for meditation, with timer	Free
			Take 10	Training exercises to build awareness	Free
			Take 5	Training exercises to build awareness	Free
			Lightning Bug	Ambient noises	Free
			Calming Music to Tranquilize	Chinese music instrumentals	Free

		Lotus Bud	Mindfulness reminders	Free
		Insight Timer	Excellent guided meditations	Free
		Meditation Helper	Meditation timer & motivator	Free
		Music Therapy for Refreshment	Restorative, relaxing music	Free
		Qi Gong Meditation Relaxation	Learn Qi Gong gentle movements	Free
		Relax Lite: Stress Relief	Guided breathing and relaxing music	Free
		10% Happier	First seven days of meditation lessons are free; pay thereafter	Free +
		How Breathing Affects Feelings		Free
		Relaxed Breathing		Free
		<u>Wherever You Go, There You Are</u>	By Jon Kabat-Zinn	Varies
		<u>Radical Acceptance</u>	By Tara Brach	Varies
		Progressive Muscle Relaxation	Learn to fully relax the muscles of your body	Free
		STOP: A Short Mindfulness Practice	An exercise to reduce stress and help you be more present & effective	Free
		The Art of Stillness	By Pico Iyer	Free
		All it Takes is 10 Mindful Minutes	By Andy Puddicombe	Free
		Using Our Practical Wisdom	By Barry Schwartz	Free
		The Power of Time Off	By Stefan Sagmeister	Free

			We Can Be Buddhas	By Robert Thurman	Free
			In Praise of Slowness	By Carl Honore	Free

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