Mindfulness Resources

- Mindfulness is “paying attention to something, in a particular way, on purpose, in the present moment, non-judgementally” – Jon Kabat-Zinn

Mindfulness is part of the path to developing and deepening “universal empathy”

- Elements of Mindfulness:
  - Awareness of sensations, thoughts, emotions, and movements
  - Detachment; noticing but not participating
  - Labeling; putting language to what is noticed

- Benefits of Mindfulness:
  - Enhanced immune system functioning
  - Improved quality of sleep
  - Improved emotional regulation
  - Cardiovascular benefits: lowering heart rate, blood pressure, etc.
  - Reduction in chronic pain

Webinars
- Stress Reduction & Wellbeing
  - Keeping Calm Tools:
    - Practicing STOP
  - Mindful Body Scan Practice
  - Mindfulness Series
  - Talks (Audio & Video)

Meditations/Scans/Exercises
- Text & Audio
  - Links
  - PDFs
  - Talks & Chants
  - Mindfulness in Education
  - Mindfulness in Parenting

Visual & Audio Relaxation Downloads
- Guided Audio Recordings
- Guided Video Recordings

Apps
- Headspace
- Ten Percent Happier
- AYANA
- Insight Timer
- Calm

Podcasts
- Meditation and Mindfulness

Further Resources
- Resources
  - Groups/Retreats/Recordings
  - Research

Support/Crisis Counseling/Resources:
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