

# 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 notices

- **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

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[Research](#)



*Support/Crisis Counseling/Resources:*

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