

SOME RESOURCES RELATED TO MINDFULNESS:

* This TED Talk gives a different way to understand why people get stuck in the negatives: (10 minutes)
<http://www.youtube.com/watch?v=7XFLTQ4JMK>

* Here is a 6 minute video by Rick Hanson, a neuropsychologist who works with the mind/body connection. If you like what he says, you may want to view more of his stuff on You Tube. He does have some very good recommendations to help connect the brain, the heart, and behavior!
<http://www.youtube.com/watch?v=uPXOASa1shY> ; his website is at <http://www.rickhanson.net>

* You may find this Mindfulness exercise on you tube: "Leaves on a stream" exercise (14 minutes) for handling stressful thoughts: <http://www.youtube.com/watch?v=FLIVV3dKI9w> or a 8 minute version at <http://www.youtube.com/watch?v=jovZDkEnFng>

* A breathing exercise "Relax...Release...Let Go" is at <http://www.k-state.edu/counseling/topics/stress/breathingexercise.html> and other stress management information available on <http://www.k-state.edu/counseling/topics/resources.html>

* a list of some free apps to consider to help with managing your stress are at <http://www.k-state.edu/counseling/topics/apps.html>

* MORE MINDFULNESS EXERCISES ONLINE:

- <http://marc.ucla.edu/body.cfm?id=22> This is a resource from the UCLA Semel Institute and has several good mindfulness exercises to try.
- http://www.dbtselfhelp.com/html/mindfulness_exercises.html
- <http://www.the-guided-meditation-site.com/mindfulness-exercises.html>

* A few good mindfulness websites at

- <http://www.mindful.org/>
- http://www.actmindfully.com.au/free_resources
- <http://psychology.tools/mindfulness.html>

* FOR THOSE INTERESTED IN SOME MEDITATION RESOURCES

Noah Elkrief is one of many who do online videos on this topic...you may try any of these three or browse the web on your own:

How to meditate: <http://www.youtube.com/watch?v=ASFpyVioK6I>

How to deal with anxiety:

https://www.youtube.com/watch?v=INjd5ue_YhI&index=1list=PLT8N5_eVpE17d_z3wPBoxKIhgqg9n-1WU

A guided meditation for anxiety:

https://www.youtube.com/watch?v=vM5KwY3_8DE&index=2&list=PLT8N5_eVpE17d_z3wPBoxKIhgqg9n-1WU

* Finally, some BOOKS to consider:

BOUNCING BACK: REWIRING YOUR BRAIN FOR MAXIMUM RESILIENCE AND WELL-BEING by Linda Graham
HARDWIRING HAPPINESS: THE NEW BRAIN SCIENCE OF CONTENTMENT, CALM, AND CONFIDENCE by Rick Hanson