

## Mindfulness Resources

### Websites

<http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

<http://www.the-guided-meditation-site.com/mindfulness-exercises.html>

<https://www.headspace.com/blog>

<http://www.tujawellness.com/>

[www.deepakchopra.com](http://www.deepakchopra.com)

### Apps

Stop Breathe Think

Simply Being Guided Meditation

Headspace

Guided Mind Guided Meditation

Ananda

7 Second Meditation

### Tips from Past Participants for Realigning Before, During, or After Work

- Take three deep breaths.
- Reconnect with 5 Senses: What do you see right now? Hear? Feel? Smell? Taste?
- Visualize a light bulb switching off as you leave work for the day or as a way of dealing with intrusive thoughts.
- Eat a small treat slowly.
- As you walk down the hall in your place of work, focus on your footsteps and try to ignore the rest of the noise and stimulation around you.
- Try to count to ten without any intrusive thoughts. If you don't make it, start over again.
- Pick a part of your daily routine (answering phone, making a photocopy, opening your email) and each time you do it, pair it with a deep breath, a positive thought, or a reminder of something you are grateful for.
- Take a deep breath, hold it for a second and then exhale as if you are blowing out a candle.