



Mindfulness

Meditation Guide

Mindfulness involves being focused in the present rather than the past or the future. That means...

1. THINKING IN THE MOMENT
2. FEELING IN THE MOMENT
3. BEING IN THE MOMENT

Staying focused in the present to reduce anxiety is a very simple concept but it makes sense... much of our stress and anxiety comes from thoughts and feelings about the past or the future. In mindfulness, we meditate or focus on only the present moment and we do so without judgment or criticism.

For example, the simple exercise of concentrating on your breath is considered a type of mindfulness - by relaxing and focusing on only the breath, and the sensations as it enters and leaves your body, you divert attention away from anxious, stressful thoughts. You think only about the present and not the past or future.

Mindfulness Based Practices can be as simple as taking a few moments to concentrate on your breath or it can be a full length meditation with guided imagery. There are many variations and resources to help you get started and I encourage you to find the type of practice that you are most comfortable with.

Browse a variety of websites and apps listed below to find the right fit for you.

MINDFULNESS MEDITATION WEBSITES

UCLA

[UCLA Mindful Awareness Research Center](#)

UCLA Mindful Awareness Research Center offers a variety of free programs, videos, and resources on mindfulness meditation.

Visit www.marc.ucla.edu

UC San Diego

[UC San Diego](#)

UC San Diego Center for Mindfulness and UC San Diego Sanford Institute for Empathy and Compassion teamed up in 2020 to provide the public with free, daily, and live practice sessions and resources.

Visit <https://cih.ucsd.edu/mindfulness/free-sessions> for meditation sessions.



[The Free Mindfulness Project](#)

The Free Mindfulness Project is a growing collection of free-to-download mindfulness meditation exercises for the community.

Visit <https://www.freemindfulness.org/>



[Youtube](#)

Youtube offers all kinds of free mindfulness meditation videos and exercises of various lengths and for all levels of expertise.

Visit www.youtube.com and type “mindfulness meditation” into the search bar.

MINDFULNESS MEDITATION APPS



[Headspace](#)

Headspace is a popular app that offers guided meditation, sleep meditation, & breathing exercises. There are hundreds of meditations that are broken down by goals including managing anxiety, increasing focus & productivity, relaxation, improved sleep and more.

Credibility: 5/5 | **User Experience:** 4.97/ 5

Available by subscription at \$12.99/month



Calm

Calm is a mindfulness meditation app for beginners that offers guided meditations, Sleep Stories (for adults and kids), breathing programs, stretching exercises, and relaxing music.

Credibility: 4.67/5 | **User Experience :** 4.5/ 5

Available by subscription at \$14.99/month*



Shine

Shine is a self-care and meditation app designed to calm feelings of stress and anxiety. It was founded by two women of color and offers community support and specialized content to address BIPOC-specific mental health problems. The app includes over 1,000 meditations personalized to your needs on a variety of topics

Credibility: 2.67/5 | **User Experience :** 3.89 / 5

Available by subscription at \$14.99/month



Insight Timer

Insight Timer is a meditation app with over 100,000 free guided meditations and talks led by mindfulness and meditation experts, neuroscientists, psychologists, teachers, and more. Users can choose from over 200 topics and filter meditations by length, type, topic, and popularity.

Credibility: 4.67/5 | **User Experience:** 4.38 / 5

Free, or available with additional features by subscription at \$9.99/month



The Mindfulness App

The Mindfulness App consists of over 300 guided meditation and courses from experts around the world, with options for every mood, time of day, and level of experience! The meditations and courses are offered in 10 different languages.

Free 7-day trial & available by subscription after at \$9.99/month



Smiling Mind

Smiling Mind is an app that offers guided training in mindfulness meditation to help users reduce stress and anxiety, improve concentration and productivity, and enjoy better sleep and overall health. This app provides programs targeted to different age groups, and designed for various settings and times of day.

Credibility: 4.67/5 | **User Experience :** 4.84 / 5

Available for FREE