Mindfulness Apps (iPhone and Android)

- **Insight Timer**: Guided Practices and a CSU Mindful Group
- **Headspace**: Meditation for Modern Living
- **Calm**: Meditation Techniques for Sleep and Stress Reduction
- **One-Moment Meditation**: Breathe. Let Go. Be Still.

Guided Meditation Podcasts

- **UCLA Mindful Awareness Research Center**
- **The Chopra Center**
- **Stop, Breathe, & Think**

Helpful Websites

- **Mindfulness Research Guide**
- **Mindful: Taking Time for What Matters**
- **The Greater Good Science Center at UC Berkeley**
- **Inner Health Studio: Coping Skills and Relaxation Resources**