

Mindfulness Apps (iPhone and Android)

- [Insight Timer](#)
- [Calm](#)
- [One-Moment Meditation](#)

Guided Meditation

- [UCLA Mindful Awareness Research Center](#)
- [The Chopra Center](#)
- [Stop, Breathe, & Think](#)

Websites

- [Mindful: Taking Time for What Matters](#)
- [The Greater Good Science Center at UC Berkeley](#)
- [Inner Health Studio: Coping Skills and Relaxation Resources](#)

