

RESOURCES

BOOKS

- Brand, A. (2021). Positive thinking 101. In *The positive thinking workbook* (pp. 3-14). Rockridge Press.
- Chödrön, P. (2009). *Taking the leap: Freeing ourselves from old habits and fears*. Shambala Publications, Inc.
- Gunaratana, H. (1992). *Mindfulness in plain English*. Wisdom Publications.
- Seligman, M. (2006). *Learned optimism: How to change your mind and your life*. Random House Press.
- Sockolov, M. (2018). *Practicing mindfulness: 75 essential meditations*. Althea Press.

GUIDED MEDITATIONS AND PRACTICES

Body Scan Meditation

University of New Hampshire Health & Wellness [UNH Health & Wellness]. (2011, December 23). *Body scan meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=PYsuvRNZfxE&t=6s>

Loving Kindness Meditation

University of New Hampshire Health & Wellness [UNH Health & Wellness]. (2011, December 23). *Loving kindness meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=sz7cpV7ERsM>

Guided Audio Meditations

Mindful Awareness Research Center. (2021, October 25). *Guided Meditations*. UCLA Health. <https://www.uclahealth.org/marc/mindful-meditations>

Live Drop-In Meditation Sessions

Conducted by UCLA Health's Mindful Awareness Research Center

30-minute Zoom sessions held every Monday and Thursday at 9:30am ET

- Information: <https://www.uclahealth.org/marc/free-drop-in-meditation>
- Schedule and recordings: <https://www.uclahealth.org/marc/meditation-at-the-hammer>

Self-Compassion Exercises

Neff, K. (2021). Self-compassion guided practices and exercises. Self-Compassion. <https://self-compassion.org/category/exercises>

WEBSITE

Good News Network

<https://www.goodnewsnetwork.org>

VIDEO

Baby Monkey (Going Backwards on a Pig)

https://www.youtube.com/watch?v=5_sfnQDr1-o

APPS

Insight Timer

Meditations for sleep, anxiety, and stress

Free: [iTunes](#) | [Google Play](#)

Smiling Mind

Meditations for all ages

Free: [iTunes](#) | [Google Play](#)

UCLA Mindful

Meditations for well-being

Free: [iTunes](#) | [Google Play](#)



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