

Mindfulness Resources

Interested in trying some regular meditation to take control of your stress response, improve your concentration and self awareness? Here are some resources.

Reading on benefits to regular meditation

www.conversari.com/en/archives/2016

Headspace: Short and simple guided meditations. Free trial, available in several languages. There are lots of similar apps out there, but this one is a nice entry-point into meditation:

www.headspace.com/headspace-meditation-app

Additional readings

<https://hbr.org/2017/01/spending-10-minutes-a-day-on-mindfulness-subtly-changes-the-way-you-react-to-everything>

<https://hbr.org/2017/09/heres-what-mindfulness-is-and-isnt-good-for>