Mindfulness Resources

* Kristen Neff’s Self-Compassion Break: <https://self-compassion.org/exercises/exercise-2-self-compassion-break/>
* Tara Brach RAIN for working with intense emotions (11 min) <https://www.youtube.com/watch?v=1wpKV9GQSAY>
* Coherent Breathing with Dr. Richard Brown (12 min) <https://www.youtube.com/watch?v=ZyPHWARoa1A>
* Tara Brach Learning to Respond Not React (53 min): <https://www.youtube.com/watch?v=ymPF0q7U5oM>
* UCLA Mindful Guided Meditations <https://www.uclahealth.org/programs/uclamindful/free-guided-meditations/guided-meditations>
* Headspace App guided meditation videos: <https://www.youtube.com/c/headspace/videos>
* Ten Percent Happier App guided meditation videos: <https://www.youtube.com/c/TenPercentHappier/videos>
* Calm App guided meditation videos: <https://www.youtube.com/c/calm/videos>
* Greater Good in Action Mindfulness Practices: <https://ggia.berkeley.edu/>