

Mindfulness Resources

Apps:

Search for the following apps in the [App Store](#) or [Google Play](#)

- Breathe2Relax
- Calm
- Headspace
- Insight Timer



Video:

[FACE COVID – An Acceptance and Commitment Therapy-Based Program for Coping with COVID](#)

PDF Article:

[FACE COVID – How to Respond Effectively to the Corona Crisis](#)

Meditation:

- [Tara Brach – Mindfulness Meditation](#)
- [Palouse Mindfulness – Mindfulness-Based Stress Reduction](#)
- [The Happiness Trap](#)