

Greetings,

We realize this is a time of uncertainty and stress and want to provide some resources to you for self-care. We encourage you to practice mindfulness whenever you can throughout the day. Taking a few deep breaths when you notice your mind worrying or being unfocused can be beneficial. Here are some options to try:

Apps:

- Aura
- Calm
- Enso
- Headspace
- Insight Timer
- Omvana
- Simple Habit
- Stop, Breathe and Think

Websites:

<http://www.mindful.org>

<http://www.marc.ucla.edu/>

<https://www.tarabrach.com/guided-meditations>

<http://self-compassion.org>

<https://free-meditation-music.com/> (music)

<https://www.youtube.com/watch?v=0mXyIRkh2p8> (music)

<http://www.meditationrelaxclub.com/> (music)

Yoga practice on YouTube (gentle, beginner, slow flow):

<https://www.youtube.com/watch?v=oBu-pQG6sTY>

<https://www.youtube.com/watch?v=SioNm4AFxqs>

https://www.youtube.com/watch?v=XFxfuO0_BkU

<https://www.youtube.com/watch?v=DkgJ82UVQ7c>

https://www.youtube.com/watch?v=eGVC_BN3QVo