

SELF-CARE RESOURCES



WEBSITES

Center for Healthy Minds (UW-Madison) – <https://centerhealthyminds.org/>

The Center for Mindful Eating - <http://thecenterformindfuleating.org/>

Greater Good Science Center - <http://greatergood.berkeley.edu/education>

Mindful.org - <http://www.mindful.org/>

University of Wisconsin Department of Family Medicine and Community Health - <http://www.fammed.wisc.edu/mindfulness/research/>



WORKSHEETS

Mood Tracker - <https://www.aplaceformom.com/main/uploads/MoodTracker.pdf> (from A Place for Mom)

Morning Mindfulness - <https://www.aplaceformom.com/main/uploads/MorningMindfulness.pdf> (from A Place for Mom)



VIDEOS

All It Takes Is 10 Mindful Minutes - <https://www.youtube.com/embed/qzR62JJCMBQ>

The Fight Flight Freeze Response - <https://youtu.be/jEHwB1PG-Q>



BOOKS

Mindfulness: An 8-Week Plan for Finding Peace in a Frantic World, Mark Williams and Danny Penman, 2011

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World, Donald Alman, 2011

One Small Step Can Change Your Life: The Kaizen Way, Robert Maurer, Ph.D., 2004

Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace), Chade-Meng Tan, 2012



APPS

10% Happier: Meditation for fidgety skeptics - <http://www.10percenthappier.com> (free on iOS and web)

Calm - <https://www.calm.com/> (free on iOS, Android, and web)

Simple Habit - <https://www.simplehabit.com/> (free on iOS, Android, and web)

MyLife by Stop, Breathe, & Think - <https://my.life/> (free on iOS, Android, and web)



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