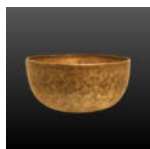


MINDFULNESS means paying attention in a particular way. It is paying attention to our experience on purpose, in the present moment, and without judgement. – Jon Kabat-Zinn

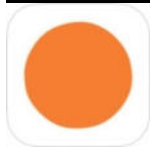
Once you purposely focus on your breath and the physical sensations in your body, you can become fully aware of the emotions you are feeling in the present moment. You can then treat yourself in an accepting and kind way regardless of your experience.

By paying attention in this way, you can make decisions with both rational thoughts and emotions.

MOBILE APPS



Insight Timer
Guided meditations, music and talks



Headspace
Guided meditations suitable for all levels, can help improve focus, exercise mindfulness and relieve anxiety



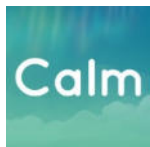
Calm
Relaxation and mindfulness for stress reduction



Stop, Breathe & Think
Personalized meditation and mindfulness, allows you to check in with your emotions and provides recommendations



MindShift
Learn how to relax, develop helpful ways of thinking and create goal to deal with everyday anxiety



Calm in the Storm
Stress management and relaxation made by mental health professionals

MINDFULNESS BOOKS FOR TEENS

- The Stress Reductions Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (Biegel, Gina, Instant Help Books, 2009)
- The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (Vo, Dzung, New Harbinger, 2015)
- Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (Ciarrochi, Joseph, Instant Help, 2012)
- Mindfulness for Teen Anxiety: A Workbook to Overcoming Anxiety at Home, at School, and Everywhere Else (Instant Help, 2014)
- Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and SBT Skills (Purcell, Mark and Murphy, Jason, Instant Help, 2014)
- Growing Mindful: A Deck of Mindfulness Practices for All Ages (Willard, Christopher and Ablett, Mitch, Growing Mindfulness Games, 2015)