

PEACEOUT@DAAP

MINDFULNESS RESOURCES

PHONE APPS

SIMPLE HABITS <https://www.simplehabit.com/>

CALM <https://www.calm.com/>

SPOTIFY PLAYLIST FOR GUIDED MEDITATIONS

<https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWVS1recTqXhf>

GUIDED MEDITATION DOWNLOADS

<http://www.dartmouth.edu/~healthed/relax/downloads.html>

<https://soundcloud.com/mindfulmagazine/3-minute-body-scan-meditation>

MINDFULL MEDITATION VIDEOS FROM UC COUNSELING CENTER

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

<https://www.youtube.com/watch?v=9dPoNmrXHU8>

TARA BRACH GUIDED MEDITATIONS DOWNLOADS

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

ARTICLES-WHY MINDFULNESS?

HOW TO MEDITATE

<https://www.nytimes.com/guides/well/how-to-meditate>

10 SCIENTIFICALLY PROVEN BENEFITS OF MINDFULNESS

<https://www.forbes.com/sites/jeenacho/2016/07/14/10-scientifically-proven-benefits-of-mindfulness-and-meditation/2/#72d8bac45e4c>

MINDFULNESS MEDITATION BENEFITS: 20 REASONS WHY IT'S GOOD FOR YOUR MENTAL AND PHYSICAL HEALTH

http://www.huffingtonpost.com/2013/04/08/mindfulness-meditation-benefits-health_n_3016045.html

DAILY MEDITATION CAN KEEP ATHLETES PRIMED FOR TRAINING

<https://www.mindful.org/daily-meditation-can-keep-athletes-primed-training/>

HOW MEDITATION CHANGES THE BRAIN AND BODY <https://nyti.ms/2jRc2gx>

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