

INTRODUCTION TO MINDFULNESS RESOURCE GUIDE

The simplicity of the concept of mindfulness can seem... complicated. Above all, **mindfulness is experiential**. It's not about "doing it right," so dive right in and try some practices. There is so much great information available, but that can be overwhelming too. So we've put together a very short list of web resources, apps and books to get started at home or at work.

WEB RESOURCES FOR GETTING STARTED WITH MINDFULNESS AND MEDITATION

- [Getting started with mindfulness, Mindful.org](#)
- Short, guided meditations
 - ◉ 10-minute [desk meditation](#)
 - ◉ 5-minute [breath meditation](#)
 - ◉ 5-minute [self-compassion break](#)
 - ◉ 3-minute [body scan](#)
- And if you don't want to meditate
 - ◉ [Meditation Techniques For People Who Hate Meditation](#)
 - ◉ [Expressive Writing and Gratitude Journal](#)

APPS WITH FREE TRIAL PROGRAMS

- [Insight Timer](#)
- [Headspace](#)
- [Calm](#)
- [10% Happier](#)

BOOKS

- Harris, Dan **10% Happier:** How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works, 2014
- Kabat-Zinn, Jon **Wherever You Go, There You Are:** Mindfulness Meditation in Everyday Life, 2005

EAP - EMPLOYEE ASSISTANCE PROGRAM

- To access Cigna EAP: www.mycigna.com Employer ID: gcna
- To access UBUM EAP: www.unum.com/lifebalance
- Talkspace through Cigna: talkspace.com/EAPCigna or mycigna.com

