

Self Help Resources – Useful sites & Information

Mindfulness

Have you looked at our list of **Apps**?

.b, pronounced [dot-be], Curriculum, is a series of mindfulness video and audio practice for young people. It includes training your mind to pay attention, managing over thinking at bed time, and managing difficult emotions.

www.dotbe.org/

Mindfulness for Study: From Procrastination to Action has downloadable audio files on mindfulness practices linked to the 'Mindfulness for Study' book.

www.inspirebylearning.eu/mindfulness-for-study

Oxford Mindfulness Centre has many different mindfulness audio files to suit everyone.

www.mbctapp.oxfordmindfulness.org

Mindfulness is a magazine style website on mindfulness, including information on what mindfulness is and how to get started with mindfulness.

www.mindful.org/

Centre for Mindfulness Research and Practice at Bangor University contains many free mindfulness audio tracks.

www.bangor.ac.uk/mindfulness/

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