

Self Help Resources – Useful sites & Information

Mindfulness

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

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

<https://www.inspiredbylearning.eu/mindfulness-for-study>

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

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/

Last updated: Sept 2018