

Mental Maintenance

A COMPREHENSIVE LIST OF RECOMMENDED RESOURCES
SHARED BY PARTICIPANTS DURING THE LIVE SESSION



APPS

- ◆ 10% Happier
- ◆ Breethe
- ◆ Calm
- ◆ Fitbit Mindfulness Section
- ◆ Headspace
- ◆ Insight Timer
- ◆ Melly (could not verify for Apple)
- ◆ Moshi: The Sleep & Mindfulness App for Kids
- ◆ Noom
- ◆ Sanvello

BOOKS

- 🌸 *Breathe Like a Bear: 30 mindful moments for kids to feel calm & focused anytime, anywhere* by Kira Willey (2017)
- 🌸 *The Highly Sensitive Person* by Elaine N. Aron (2013)
- 🌸 *Meditation for Fidgety Skeptics: A 10% Happier How-to Book* by Dan Harris (2017)
- 🌸 *Mindfulness on the Go: discover how to be mindful wherever you are— at home or work, on your daily commute, or whenever you're on the move* by Anna Black (2019)
- 🌸 *More or Less Definitive Guide to Self-Care* by Anne Borges (2019)

BOOKS (CONTINUED)

- 🌸 *Taming the Drunken Money: The Path to Mindfulness, Meditation, and Increased Concentration* by William L. Mikulas (2014)
- 🌸 *Walking with Glenn Berkenkamp: 35 Wellness Walks to Expand Awareness, Increase Vitality, and Reduce Stress* by Glenn Berkenkamp (2020)

WEBSITES, TECHNIQUES, ETC.

- 🌀 ASMR (autonomous sensory meridian response)
 - 🌀 Deepak Chopra (deepakchopra.com)
- 🌀 EFT: Emotional Freedom Techniques (eft.mercola.com)
- 🌀 Fragrant Heart: Heart Centered Meditation (fragrantheart.com)
 - 🌀 Pilates, Tai Chi, and Yoga
 - 🌀 Progressive Muscle Relaxation (PMR)
 - 🌀 Qigong Breathing Exercise
 - 🌀 The Serenity Prayer
- 🌀 *Weightless* by Marconi Unio (Soundbath on YouTube)
 - 🌀 Youper: AI Therapy (youper.ai)

