

Mindfulness Resources

Mindfulness practices can help improve your ability to regulate emotions and decrease stress, anxiety and depression. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment. Practicing mindfulness techniques such as guided imagery and breathing exercises may help you relax, reduce stress and anxiety, lower your blood pressure and experience other positive effects on your mental and physical health, according to the Mayo Clinic.

You can practice mindfulness anywhere, without any equipment, and at no cost to you! To get started, check out the following resources.

Websites:



<https://www.mylifeexpert.com> This is the incredibly informative website of LifeResources Employee Assistance Program. You can access this website directly through your Secure Enrollee Portal account at www.healthtrustnh.org (just click on the LifeResources button) or by visiting [mylifeexpert.com](https://www.mylifeexpert.com) and entering the username – healthtrust – and the password – resources.

 **headspace** <https://www.headspace.com/> Try it free. Mindfulness for your everyday life.

mindful <https://www.mindful.org/> Free resources to find calm and resilience every day.
healthy mind, healthy life

Apps:



Smiling Mind App: This meditation app is completely free, with no paid version available. It offers hundreds of meditation courses. With different categories of meditation, you can easily customize the app to show courses that you may be interested in.



Calm App: This popular meditation app offers a free version and a premium (paid for) version. It provides users with guided meditation for topics ranging from anxiety, sleep, self-care and personal growth. This app also offers soothing music such as distant ocean waves, light rain and white noise.



Insight Timer App: This app provides users with a packed library of guided meditations from the world's top mindfulness experts.



Stop, Breathe & Think App: This app offers an adult version and a kid's version for guided meditations and other activities. This app can be customized to your needs when it comes to mindfulness and mental health.



Ten Percent Happier App: Learn the basics of meditation and get reminders to meditate straight to your phone free. Premium version is available to unlock more meditation courses.

Disclaimer: This content is intended to be informational and does not constitute professional health advice or an endorsement of these services. Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.