

Mindfulness Resources



Message from the Healthy Mind Healthy You study team:

Please use these resources to guide you in your mindfulness journey! These are recommendations from our study team; therefore, we encourage you to explore other mindfulness resources, as well.

"The mind is just like a muscle- the more you exercise it, the stronger it gets and the more it can expand"- Idowu Koyenikan



Mindfulness Phone Applications



1. Mood Gym

- System: Online
- Price: Free
- Brief description: Great for tracking mood and anxiety symptoms as well as short interventions. Overall, a great psycho-education resource.

2. Depression CBT Self-Help

- System: Android IOS
- Price: Free
- Brief description: This app is designed as a diary card. Overall, it is helpful for tracking symptoms and a good psycho-education resource.

3. Headspace

- System: Android IOS
- Price: Free. Level 1 \$12.99/m\$94.99/y
- Brief description: This app has brief mindfulness interventions and lots of interactive mindfulness activities.

4. Breathe2 Relax

- System: Android IOS
- Price: Free
- Brief description: This app provides help with diaphragmatic breathing, some psycho-education resources, and has a focus on anxiety.

5. Nature Sounds Relax and Sleep

- System: Android IOS
- Price: Free
- Brief description: This app is easy to use and offers relaxation resources such as nature sounds. However, it does not provide a specific mindfulness intervention.

6. Stop, Breath, Think

- System: Android IOS
- Price: Free. However, will need to pay for specific features.
- Brief description: This app is helpful to use to cement mindfulness as a daily routine.

7. Calm

- System: Android IOS
- Price: Free
- Brief description: This app offers relaxing sounds and meditation techniques.

8. Aura

- System: Android IOS

9. Insight Timer

- System: Android IOS
- Price: \$5 per course
- Brief description: This app offers meditation focus and allows you to choose which teacher you want.



Mindfulness Online Therapies



1. Be Mindful

- Easy registration- the program allows you to complete the first lesson before having to pay.
- The program gives homework activities, has interactive videos, audio files, and helps participants through mindful movement.
- There are various interactive mindfulness exercises throughout session. The program is composed of videos with very little reading and gives guidance through homework activities.

2. Lantern

- Gives you a “coach” which makes the whole process more personable.
- The therapy as a whole was short and gives options to set reminders to do parts later.
- The registration process helps you figure out how much time you need to commit and when is the best time to complete the process.
- Let’s you know how much time each module will take beforehand.

3. Mood Gym

- Great psychoeducation on cognitive biases and is easy to navigate.
- The program repeats many of the ideas, so you have many different opportunities and formats to practice identifying cognitive biases and comparing different interpretation styles.
- Allows you to check your mood and anxiety rating at the beginning of every module to track your progress.
- Gives summaries of what you have learned at the end of each module.

4. Shade

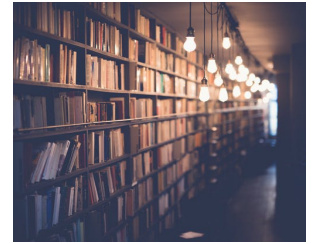
- A voice guides you through the program while also allowing you to read the materials.
- It is a very simple program and easy to navigate.
- There are follow-up questions which guide you through the worksheets and give examples.

5. Shuti

- Gives you a sleep diary with an option to print it out.
- You are able to “meet the team” and the goals they give are guided to keep them reasonable.
- Presents an “orientation video” which explains how to navigate the website.



Mindfulness Books



1. Worry Less, Live More
 - Type: Workbook
 - Author(s): Susan Orsillo and Lizabeth Roemer
2. Wherever you go, there you are
 - Type: Book
 - Author(s): Jon Kabat-Zinn
3. The Mindful Way through Depression
 - Type: Book
 - Author(s): Mark Williams
4. A mindfulness-based stress reduction workbook
 - Type: Workbook
 - Author(s): Elisha Goldstein and Bob Stahl
5. The Mindful Way Workbook
 - Type: Workbook
 - Author(s): Zindel Segal, John Teasdale and Mark Williams
6. The Mindful Self-Compassion Workbook
 - Type: Workbook
 - Author(s): Kristin Neff and Christopher Germer
7. Mindfulness- Based Cognitive Therapy for Bipolar Disorder
 - Type: Book
 - Author(s): Thilo Deckersbach, Britta Hölzel, Lori Eisner, Sara Lazar, and Andrew Nierenberg