

Mindfulness Exercises and Resources

Websites with Guided Mindfulness Meditations

- [Mindfulness for Teens](#): Eleven different mindfulness recordings for teens. Most recordings are less than 6 minutes long
- [UCLA Mindful Awareness](#): Eight different recordings in English and 4 in Spanish, including transcripts, from the UCLA Mindful Awareness Research Center

Walking Meditations

- [Walking Meditation: How To](#): Simple instructions on how to do a walking meditation
- [An Introduction to Walking Meditation](#): A walking meditation transcript that may be read aloud

Guided Meditations

- [Relax](#): Guided meditation (9:00)
- [Mini Relaxation MP3](#): Progressive muscle relaxation (8:08)

Mindful Self-Compassion

- [Loving Kindness Meditation MP3](#): Loving Kindness recording (9:31)

Smartphone Applications

- [Smartphone Applications for Guided Mindfulness Meditation](#)