

## Mindfulness, Apps & More

“Mindfulness is a very simple process of actively noticing new things.”  
~ Dr. Ellen Langer, Harvard University

Mindfulness encourages paying attention to what is happening during each moment of your life. Whether you are practicing mindfulness meditation formally or simply ‘being more mindful’ as you engage in an every day activity, the intentional act of redirecting your attention is the practice. Within this practice, we develop the capacity to let go of worries, ruminations, or other mental obsessions to engage in the present moment with a sense of clarity and relaxed alertness.

Below are a variety of Apps and Internet resources that you may find helpful. We are not endorsing any of these resources specifically, but have found that other college students or university counseling center professionals have found these useful.

### Mindfulness Meditation & Stress Management



**Stop Breathe Think** – [www.stopbreathethink.org](http://www.stopbreathethink.org) – FREE (with in app purchases) iPhone, Android & internet use; mindfulness training program designed for schools/universities through non-profit / social justice initiative.



**Insight Timer** – [www.insighttimer.com](http://www.insighttimer.com) – FREE (or nominal fee for purchase) iPhone, iPad & Android. In addition to the timer, guided practice, and progress tracking features, you are able to connect with like-minded folks around the world across common group interests. (e.g. “meditating college students” group).



**Breathe2Relax** – FREE iPhone, Android & internet  
[www.t2health.dcoe.mil/apps/breathe2relax](http://www.t2health.dcoe.mil/apps/breathe2relax) - National Center for Telehealth & Technology developed this portable stress management tool to teach diaphragmatic breathing.



**Virtual Hope Box** – FREE --- iPhone & Android  
<http://t2health.dcoe.mil/apps/virtual-hope-box> - This app contains simple tools to help with coping, relaxation, distraction, and positive thinking.



**MindShift** – FREE—iPhone & Android  
[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app) This is a personalized “anxiety management coach” developed for young adults. Teaches relaxation skills, mindfulness, and new mindsets to work with unpleasant or overwhelming mental states.

## Online Resources

**Meditation Oasis.** You can find links to a variety of guided meditations here that may be useful to your practice. There are also a number of articles on meditation and how to deal with a variety of difficulties that may arise. Online courses are also available. <http://www.meditationoasis.com/>

**Mindful.org** (online magazine for all things mindful). **Mindful.org** is a mission-driven non-profit. They're dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society. Some featured resources for beginners include:

- **Meditation for Beginners** (video) Learn to meditate in 6 minutes with this video from ABC News anchor Dan Harris and meditation teacher Sharon Salzberg. <http://www.mindful.org/meditation-for-beginners-video/>
- **Mindfulness Meditation / Getting started** This is a compilation of various articles, videos and other resources to help you get started. <http://www.mindful.org/meditation/mindfulness-getting-started/>

**KORU Mindfulness and Meditation** The KORU Mindfulness program was developed over a decade by mental health professionals to bring the benefits of mindfulness to the college students, with proven results. Free resources & more are available at [www.korumindfulness.org](http://www.korumindfulness.org). KORU Basic classes are now forming at the Counseling Center; contact Michelle Cooper, Ph.D. at [michelle.cooper@utk.edu](mailto:michelle.cooper@utk.edu) for more information.