

Mindfulness Resources for Employees

Audio/Videos

- [Finding Inner Peace & Purpose in the Midst of Chaos](#) (Lunch and Learn)
- [Find Joy through Reflective Journaling](#) (Lunch and Learn)
- [The Benefits of Mindfulness](#) (Lunch and Learn)
- [Building Better Mental Health](#) (Lunch and Learn)
- [Audio Lessons](#) (Guided Meditations and Body Scans)
- [Mindfulness and Meditation](#) (Interview with Dr. Tim Riley)

Penn State Health Mindfulness Programs

- [Mindfulness Based Stress Reduction](#) (evidence-based 8-week course)
- [Saturday Retreats](#) (2-hour practice session)
- [Community Practice](#) (free weekly 30-minute mindfulness practice drop-in sessions)

SupportLinc EAP: [New account? Access code "psh"]

- [Simple Mindfulness Techniques](#)
- [Mindfulness Animation](#)
- [Benefits of Mindfulness - SupportLinc pre-recorded training](#)
- [Mindfulness Toolkit](#)
- [Mindfulness Tip Sheets](#)
- [Benefits of Mindfulness- SupportLinc Workbook](#)
- [Mindfulness Flash Course](#)
- [Mindfulness at work](#)
- [Mindfulness for managing stress](#)

Center Stage [PSH]

- [Try the Zentangle Method®](#) (Classes Coming Soon to PSH)
- [Art for Wellness Workshops](#)
- [Art Tour](#)
- [Arts Repository](#)

BeWell and PRO Wellness Website

- [Mindfulness On and Off the Job](#)
- [What is mindfulness meditation](#)
- [Stay focused by taking a mindfulness break](#)
- [Live in the moment with mindfulness](#)
- [Using mindfulness to relieve work stress](#)
- [Inhale calm, exhale stress](#)
- [Emotional Wellness Checklist](#)
- [Mindfulness at Work](#)
- [BeWell Mindfulness Toolkit](#)

Additional Evidence Based Resources

National Institutes of Health

<https://nccih.nih.gov/health/meditation>

Center for Mindfulness in Medicine, Healthcare and Society

<http://www.umassmed.edu/cfm/>

American Psychological Association

<http://www.apa.org/pubs/journals/features/pst-48-2-198.pdf>

American Mindfulness Research Association

<https://goamra.org/>