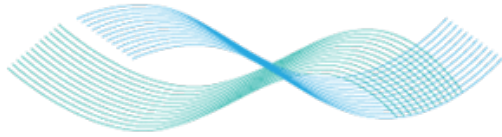


**TC FHT Mental Health Webinar #3
Mindfulness and Self Compassion**

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See resources on next page.



Resources

Websites and Guided Practices:

Self-Compassion with Dr. Kristin Neff || <https://self-compassion.org/>

- Self-compassion practices (free guided meditations), videos, research, and resources.

Centre for Mindful Self-Compassion || <https://centerformsc.org/>

- Self-Compassion courses, workshops, meditations, and daily, free drop-in meditations

Centre for Mindfulness Studies: Mental Health Toolkit for Challenging Times ||
https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/

Chris Germer || <https://chrisgermer.com/meditations/>

- Free, guided self-compassion meditations

Palouse Mindfulness || <https://palousemindfulness.com/>

- Free, online, self-directed 8-week Mindfulness-based Stress Reduction Program based on program founded by Jon Kabat-Zinn.

Tara Brach's Pandemic Care Resources || <https://www.tarabrach.com/pandemic/>

- Guided meditations and talks for self-compassion

Jack Kornfield || <https://jackkornfield.com/>

- Podcasts, guided meditations, articles, courses, etc.

Practicing Human Podcast || <https://practicinghuman.buzzsprout.com/>

- Daily, short podcasts informed by mindfulness and meditation

Healthy Minds Program || <https://tryhealthyminds.org/#program>

- App-based program with podcast-style lessons and meditations

Mindfulness Apps:

Insight Timer

Calm

HeadSpace

Smiling Mind

Healthy Minds Program

Ten Percent Happier

The Breathing App

The Mindfulness App

Workbooks:

The Mindful Self-Compassion Workbook by
Kristin Neff, PhD, and Christopher Germer, PhD

A Mindfulness-Based Stress Reduction
Workbook by *Bob Stahl PhD, and Elisha Goldstein, PhD*

Dan Harris' 10% Happier Coronavirus
Sanity Guide ||

<https://www.tenpercent.com/covid>