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			Breathe to Relax	Diaphragmatic breathing trainer	Free
			Yoga-pedia	Images and instructions for nearly 100 yoga poses	Free
			Tactical Breather	Train breathing to lower reactivity	Free
			Stop, Breathe & Think	Mindfulness exercises	Free
			HeadSpace	Meditation made easy	Free
			Smiling Mind	Easy meditations	Free
			Calm	Meditations	Free
			Simply Being	Guided meditations	\$1.99
			Fluid Monkey	Mesmerizing liquid simulation	Free
			Relax Melodies	Create a mix of calming sounds	Free
			White Noise Lite	White noise	Free
			Nature Sounds	Sounds of nature to relax and sleep	Free
			Buddhist Meditation Trainer	Personal trainer for meditation, with timer	Free
			Lightning Bug	Ambient noises	Free
			Calming Music to Tranquelize	Chinese music instrumentals	Free
			Lotus Bud	Mindfulness reminders	Free
			Insight Timer	Excellent guided meditations	Free

		Meditation Helper	Meditation timer & motivator	Free
		Music Therapy for Refreshment	Restorative, relaxing music	Free
		Qi Gong Meditation Relaxation	Learn Qi Gong gentle movements	Free
		Relax Lite: Stress Relief	Guided breathing and relaxing music	Free
		Mindful Breathing*	Guided meditation	Free
		Daily Body Scan	Guided meditation	Free
		Body Scan*	Guided meditation	Free
		Mindful Yoga	Guided meditation	Free
		Progressive Relaxation*	Guided relaxation	Free
		Neck Relaxation*	Guided relaxation	Free
		Music: Naïve*	Relaxation	Free
		Music: Clouds*	Relaxation	Free
		Guided Visualization*		Free
		Guided Meditation*		Free
		Gentle Yoga*		Free
		Energize*		Free
		How Breathing Affects Feelings		Free
		Relaxed Breathing		Free

		<u>Wherever You Go, There You Are</u>	By Jon Kabat-Zinn	Varies
		<u>Radical Acceptance</u>	By Tara Brach	Varies
		Progressive Muscle Relaxation	Learn to fully relax the muscles of your body	Free
		The Art of Stillness	By Pico Iyer	Free
		All it Takes is 10 Mindful Minutes	By Andy Puddicombe	Free
		Using Our Practical Wisdom	By Barry Schwartz	Free
		The Power of Time Off	By Stefan Sagmeister	Free
		We Can Be Buddhas	By Robert Thurman	Free
		In Praise of Slowness	By Carl Honore	Free

*Posted Courtesy of Community Wellness at MIT Medical

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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.