RESOURCES HANDOUT

Mindfulschools.org – training and workshops

GarrisonInstitute.org – training and workshops

Couragerenewal.org – training and workshops

Yukonwellness.ca – resources

Greatergood.berkeley.edu – resources

APPS TO ASSIST WITH SELF CARE

Physical

 -FOCUS 1-2-3- free – this app provides flip cards for a variety of brain

 breaks in the classroom and for your self. Activities are placed into

 three categories – calm down, wake up, gear up.

Intellectual

-Fit Brains Trainer – free, but needs a personal device and/or account; game-like

- Elevate – free, but needs a personal device or account – activities have more of an academic focus

Emotional

 -TheShredder (SOSH) – $0.99

 -Mindshift – free provided guidance on anxiety and coping, can be

 personalize

 -Unstuck – free – an app on the IPAD and Mac computers to help you

 move from being stuck in the moment through recognizing what in

 your life you have to be grateful for – that can help lessen the panic

 and open up our thinking to new solutions

 -Stress Tracker – free

 -SAM – free – allows you to observe how anxiety affects you over time,

 how thinking and lifestyle can contribute to anxiety; identify

 situations where you want to reduce anxiety; practice self-help

 options for managing anxiety

 -Breath2Relax – free – a guided breathing tool

 -E-catch – free - game to pick the psoitives, not the negatives

Spiritual

-Dalai Lama Center for Peace and Education (dalaiamacenter.org)

-Positivity- Barbara Erickson

- Well-Balanced Teacher - Mike Anderson

- The Book of Awakening - Mark Nepo

- Kitchen Table Wisdom & My Grandfather’s Blessing– Rachel Remen

- Creating Abundance in 21 Days – Pauline Books

- Ocean Healing Mediations, Desert Healing Mediations – Pauline

Books

- 3 Minute retreats – Loyola Press