Additional Resources

Mindful
Website that collects all the information you may want around mindfulness from FAQs, how to meditate and the benefits, guided meditations, etc.

Simple Habit
Collection of short meditative audio tracks to help ease anxiety ranging from stress relief, resilience, and self compassion.

Pixel Thought
You input in a distressing thought and then follow a 60 seconds visualization to help let it go.

CASSY
Counseling and Support Services for Youth

Mindfulness
Deep Breathing + Tapping
5 Senses: Getting Grounded
5 Senses: Art Activity
Guided Meditation: Message in a Bottle

Click the buttons below to find the resource!
Mindfulness Exercises

Deep Breathing + Tapping

Grounding yourself using your 5 Senses
Mindfulness

Guided Meditation and Art Activity

5 Senses Art Activity

Message in a Bottle