

# Meditation and Mindfulness Toolkit



## Meditation Apps

*\*iOS & Android\**

- [Smiling Mind](#)
- [UCLA Mindful](#)
- [MyLife Meditation](#) \*buy-up options
- [Insight Timer](#) \*buy-up options

## Additional Resources

- Need a Two Minute Break? Click [here](#) to listen to sound waves
- [Handwashing Meditation Poster](#)
- [7 Minute Meditation for a Mind- Body Connection](#) (video)
- [The 60 Second Stress Less STOP Process](#) (video)

