



Colonial Health Center



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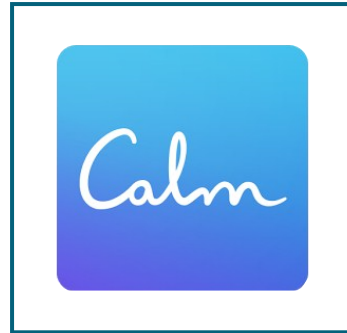
Integrating mindfulness can be as simple as taking intentional, deep breaths as you are walking to and from class. Remember, *practice makes progress*. Try finding small 2-5 minutes cracks in your day to introduce new strategies.

Recommended Mindfulness Apps and Websites



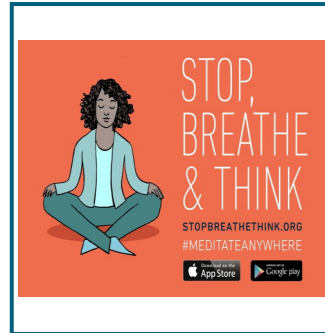
Headspace

Practice the basics of meditation and mindfulness with Take10, Headspace's free introductory series.



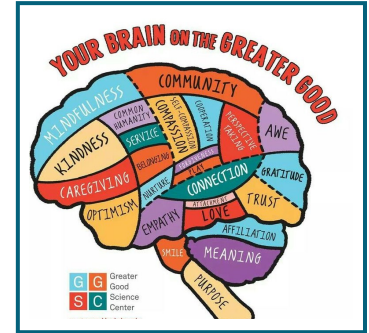
Calm

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life. Begin.



Stop, Breathe & Think

The Stop, Breathe & Think app is a free mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use.



Greater Good in Action

The best research-based methods for a happier, more meaningful life are at your fingertips in a format that's easy to navigate and digest.
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