Mindfulness in Uncertain Times

**Things to Try (without technology)**

- Go outside, open a window, or notice the sounds in your house. Try to listen to the sounds as just noises instead of trying to think of what they are.
- Listen to a song like it’s the first time you’ve heard it. Notice what you hear, and if you hear anything new.
- Dance to a song you like. Move your body how you want to express how you feel.
- Go for a walk (inside or outside) and pick up “treasures” that you see. Tell someone about your “treasures”, draw a picture of them, or write about them.
- Try bumble bee breath – breathe IN, make “mmm” sound when you breathe OUT
- Draw, write, or build what your “island of calm” looks like. Share it with others if you want.

**Things to Try (weblinks and apps)**

- Peaceful pics for meditation and relaxation (8 minutes with music), [https://www.youtube.com/watch?v=5x64dJMAN2M](https://www.youtube.com/watch?v=5x64dJMAN2M)
- Peaceful pics for meditation and relaxation (8 minutes without music), [https://www.youtube.com/watch?v=23hOxbXAtMo&feature=youtu.be](https://www.youtube.com/watch?v=23hOxbXAtMo&feature=youtu.be)
- Guided restorative yoga practice (15 minutes), Louann McBride, [https://www.youtube.com/watch?v=nHNPvZGM95w](https://www.youtube.com/watch?v=nHNPvZGM95w)
- Alone Together. Yoga practices for home by Louann McBride, Guided yoga nidra (10 minute) and gentle vinyasa flow (57 minutes) available on Spotify and Anchor.FM.
- Mindfulness bell/Tibetan singing bowl meditation (5 minutes), [https://www.youtube.com/watch?v=wGFog-OuFDM](https://www.youtube.com/watch?v=wGFog-OuFDM)
- Touching Peace guided meditation (22 minutes), Tara Brach, [https://www.tarabrach.com/meditation-touching-peace-2/](https://www.tarabrach.com/meditation-touching-peace-2/)
- Crystal Bowl meditation (15 minutes), [https://www.youtube.com/watch?v=Bw1a-pZ7Ua4](https://www.youtube.com/watch?v=Bw1a-pZ7Ua4)
- Tibetan Singing Bowl meditation (8 minutes), [https://www.youtube.com/watch?v=2cHds_l_c3g](https://www.youtube.com/watch?v=2cHds_l_c3g)
- Sesame in Communities, resources for young children and parents/caregivers, [https://sesamestreetincommunities.org/](https://sesamestreetincommunities.org/)
- Atmosphere (Android and iOS), app to relax with over 70 sounds, timer, ability to mix sounds
- Calm (Android and iOS), breathing app under Meditation (Anxiety), [https://www.calm.com/](https://www.calm.com/)

**Things to Watch and Read (weblinks)**

- Finding Nemo, Jellyfish scene, “Through It Not Over It,” [https://www.youtube.com/watch?v=TryGbC8o5_0](https://www.youtube.com/watch?v=TryGbC8o5_0)
- Cole Imperi, “Lifted by Little Deaths” (10 minutes), [https://www.youtube.com/watch?v=W00FCKKnlyg](https://www.youtube.com/watch?v=W00FCKKnlyg)
- Jim Donovan Health Solutions videos, [https://donovanhealth.com/video/](https://donovanhealth.com/video/)
- Rachel Burfield, “It’s OK If You’re Just Surviving,” [https://thoughtcatalog.com/rachel-burchfield/2020/04/its-okay-if-youre-just-surviving/?fbclid=IwAR1ohGcu1bKUYhny7Imvz-MUpi1lqGOJZLly0tiBAcMmgDjOMW0qVgy-sM](https://thoughtcatalog.com/rachel-burchfield/2020/04/its-okay-if-youre-just-surviving/?fbclid=IwAR1ohGcu1bKUYhny7Imvz-MUpi1lqGOJZLly0tiBAcMmgDjOMW0qVgy-sM)
- Scott Berinato, “That Discomfort You’re Feeling Is Grief,” [https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR31dB48SRD0fDUn-Uz8dnRWAhv3_KplIafY3L4XD7DV0WmsgD3muAFZA](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR31dB48SRD0fDUn-Uz8dnRWAhv3_KplIafY3L4XD7DV0WmsgD3muAFZA)
- “10 Self-Compassion Practices During Covid-19”, [https://centerformsc.org/10-self-compassion-practices-for-covid-19/?fbclid=IwAR33vGpFelpnmjJsJ6JW73Wbcz6bDm1GW3m0rbpAGtQ50YpbXavSAXUSd1g](https://centerformsc.org/10-self-compassion-practices-for-covid-19/?fbclid=IwAR33vGpFelpnmjJsJ6JW73Wbcz6bDm1GW3m0rbpAGtQ50YpbXavSAXUSd1g)

**To connect with someone outside your home:**
- National Suicide Prevention Lifeline: 1-800-273-8255 (online chat available)
- Crisis Text Line: Text TALK to 741741
- PA crisis line to talk to someone: 1-855-284-2494 724-631-5600 (TTY)