

Mindfulness

Apps

Calm (free trial period; cost) offers meditation, gentle movement and stretching and even sleep stories all with an aim to calm the mind and body: <https://www.calm.com/>

Headspace (free trial period; cost) is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day. <https://www.headspace.com/>

Insight Timer (free with in-app purchase options), one of the most popular free meditation apps, features more than 4,000 guided meditations and a timer you can set with intermittent bells or ambient noise: <https://insighttimer.com/>

Liberate (free trial period; cost), a subscription-based meditation app that includes practices and talks designed for Blacks, indigenous and people of color (BIPOC); supports them on their path to healing by naming and offering resources for common cultural experiences, like internalized racism and micro-aggressions. <https://liberatemeditation.com/>

Stop, Breathe & Think (free with in-app purchase options) features nearly 30 free sessions of different lengths; has a meditation timer and progress page to track your practice and mood; ideal if you're looking for more structure/motivation to jumpstart a meditation habit: <http://stopbreathethink.org/>

10% Happier (free with in-app purchase options) is designed to be accessible to everyone – even the doubtful. Focus is on simple, practical exercises backed by science. Includes guided meditations, videos, talks, and sleep content to help you build (or boost) your meditation practice, and stick with it. <https://www.tenpercent.com/>

Guided Meditation Recordings

- [Black Lives Matter Meditation](#)
- [Center for Child and Family Well-Being- UW \(English and Spanish\)](#)
- [Mindful.org](#)
- [Monterey Bay Aquarium \(Visual\)](#)
- [UCLA Mindful Awareness Research Center \(English and Spanish\)](#)
- [UCSD Center for Mindfulness](#)

Guides

- [¿Qué es mindfulness? | Meditación guiada. Mindfulness español](#)
- [How to Meditate: A Black Women’s Guide on How to Reduce Stress](#)
- [How to Meditate](#)
- [New York Times Guide on How to Meditate](#)
- [Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations - Zero to Three](#)

Reflective Practice and Supervision

Books (for purchase)

- [A Practical Guide to Reflective Supervision](#), edited by Sherryl Scott Heller and Linda Gilkerson
- [Reflective Supervision in Practice: Stories from the Field](#), edited by Rebecca Parlakian
- [Learning Through Supervision and Mentorship](#) by Emily Fenichel

Guides

- [What is Reflective Practice?](#) by Joy Amulya
- [Reflective Supervision: A Guide from Region X to Enhance Reflective Practice Among Home Visiting Programs](#) by Jacqui Van Horn

Reflective Journals (for purchase)

- [The Reflective Journal](#) by Barbara Bassot
- [Mindfulness Journal](#), ZERO TO THREE

Self-Compassion

[Self-Compassion](#) with Dr. Kristin Neff

[How to Practice Self-Compassion: 8 Techniques and Tips](#) – positivepsychology.com