

Mindfulness for Daily Life Follow-up Resources

Mindfulness Apps

There are many mindfulness Apps out there and we encourage you to explore. The important thing is to find the one that works best for you! Below are a few recommendations of apps that can support you in your practice of mindfulness.



The Plum Village App (free) - iPhone & Android

This app comes from the international mindfulness community of Zen Master and Nobel Peace Prize nominee Thich Nhat Hanh. It has everything from guided meditations, to didactic talks and even practices for young children.



Happidote (free) - iPhone & Android

Happidote (think happy antidote!) offers an easy way to access practical advice through simple guided meditations to help calm your mind and soothe the stress of work. Designed for healthcare professionals.



Timeout (free) - iPhone

Time Out offers easy break reminders, with flexible customization. We can set the whole screen to blur or change colour to encourage us to take a rest from time to time.



MindBell (free) - Android

MindBell rings periodically during the day, to give you the opportunity to stop, breathe and smile.



Simple Habit - iPhone & Android

*A 5-minute meditation **app** designed to help busy people stress less, achieve more, and live better. This app has lots of different teachers and specific topics to choose from.*

Audio and Video links

“Breathing Meditation” (Focused Attention) from SickKids Hospital - 4min

<https://www.youtube.com/watch?v=EnrNtaMskik&list=PLJtOP3StluUqygVlmi9jHrS0JmqZFpWw>

“Why Mindfulness Is a Superpower” from Dan Harris - 3min

<https://www.youtube.com/watch?v=w6T02g5hnT4>

“The Noting Technique” from Headspace - 1min

<https://www.youtube.com/watch?v=Fjl9v-VYwZY&feature=youtu.be&fbclid=IwAR24JYiuNG2VOHo6bYp9mQJ6Kxhpot6zQvSp1jdWLd0r11pVwq7mIE5N1z8>

Body Scan recorded during this UofT PT mindfulness session led by Rob Walsh - 15min

<https://www.youtube.com/watch?v=sMmy43QpQXk&feature=youtu.be>

Body Scan from Headspace - 8min

<https://www.youtube.com/watch?v=QS2yDmWk0vs>

Body Scan from Jon Kabat Zinn (MD, founder of MBSR) - 45min

<https://www.youtube.com/watch?v=u4gZgnCy5ew>

In-session referenced reports

[UK All-Parliamentary Report on Mindfulness](#)

[World Happiness Report](#)

World Happiness Report

In-session referenced articles

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