**Mindfulness**

**Resources for students: (in no particular order)**

These are some suggestions which you may find helpful. When you have a look at them, make your own assessment of its suitability for you and your needs. If in doubt talk it over with a responsible person. If you have a mental health issue consult your medical practitioner first.

Mindfulness for students website

<http://mindfulnessforstudents.co.uk/>

Edx. The science of happiness, self paced online course.

<https://www.edx.org/course/science-happiness-uc-berkeleyx-gg101x#.VO5ZRXysWSp>

The Mindful Way Workbook. Pdf of work sheets and exercises.

<http://www.guilford.com/add/forms/teasdale.pdf>

Excel at Life. Articles, relaxation audios, information on CBT and Mindfulness. Apps available for your phone, so you can access audio relaxation and meditations anywhere, access from google play.

<http://www.excelatlife.com/>

Study and learning skills, (as a pdf download). Use your head by Tony Buzan.

<http://www.pdfstuff.net/2013/01/use-your-head-tony-buzans-pdf-book-free.html>

<http://thinkbuzan.com/how-to-mind-map/>

<http://www.tonybuzan.com/>

Top tips for dealing with exam stress.

<http://www.stressbusting.co.uk/how-to-deal-with-exam-stress/>

Need someone to talk to, any time day or night, call their helpline (you don’t have to be suicidal). 08457 90 90 90

<http://www.samaritans.org/how-we-can-help-you/contact-us>

The Campaign Against Living Miserably. Lots of advice and support about well being and managing life. Need help? Call our helpline… 5pm–midnight, 365 days a year …or find help online here NATIONWIDE 0800 58 58 58. LONDON 0808 802 58 58

<https://www.thecalmzone.net>

Articles on looking after yourself

<http://www.youngminds.org.uk/for_children_young_people/better_mental_health>

Mental and emotional health support. Articles and downloads for help dealing with mental health issues. Including managing stress, anxiety and emotions like anger.

<http://www.mind.org.uk/>

The Work of Byron Katie is a way of identifying and questioning the thoughts that cause all the anger, fear, depression, addiction, and violence in the world. Experience the happiness of undoing those thoughts through The Work, and allow your mind to return to its true, awakened, peaceful, creative nature. The apps can be installed on your phone for day to day use.

<http://thework.com>

<https://play.google.com/store/apps/details?id=com.thework>

<https://itunes.apple.com/us/app/the-work-app/id478610069>

<https://itunes.apple.com/us/app/judge-your-neighbor-worksheet/id587611495>

Free mindfulness audio downloads

<http://www.freemindfulness.org/download>

Phone Apps, suggestions.

Mindfulness Phone Apps.

From google play apple iTunes store. There are many, here are two examples.

Mindfulness Bell, a reminder to be mindful you can set at various timings.

Insight timer, a log book, reminders and a timer for people who meditate

<http://www.freemindfulness.org/apps>