

<b>Table 1</b>			
<i>Resources to help you or your students get started</i>			
Articles	Books	Sample Meditations	Websites & Apps
Bamber, M. D., & Kraenzle Schneider, J. (2016). Mindfulness-based meditation to decrease stress and anxiety in college students: A narrative synthesis of the research. <i>Educational Research Review, 18</i> , 1–32.	<a href="#">College Mindfulness Training</a> by Kevin Page	<a href="#">Breath Meditation</a>	<a href="#">Headspace</a>
Bamber, M.D., & Morpeth, E. (2018). Effects of mindfulness meditation on college student anxiety: A meta-analysis. <i>Mindfulness, 10</i> , 203–214.	<a href="#">Full Catastrophe Living</a> by Jon Kabat-Zinn	<a href="#">Body Scan</a>	<a href="#">Insight Timer</a>
Carsley, D., Khoury, B., & Heath, N. L. (2018). Effectiveness of mindfulness interventions for mental health in schools: A comprehensive meta-analysis. <i>Mindfulness, 9</i> , 693-707.	<a href="#">No Mud, No Lotus: The Art of Transforming Suffering</a> by Thich Naht Hahn	<a href="#">Hatha Yoga</a>	<a href="#">Smiling Mind</a>
Dunning, D. L., Griffiths, K., Kuyken, W., Crane, C., Foulkes, L., Parker, J., & Dalgleish, T. (2019). Research review: The effects of mindfulness-based interventions on cognition and mental health in children and adolescents - a meta-analysis of randomized controlled trials. <i>Journal of Child Psychology and Psychiatry, 60</i> (3), 244-258.	<a href="#">The Issue at Hand</a> by Gil Fronsdal	<a href="#">Loving-Kindness</a>	<a href="#">Jon Kabat-Zinn</a>
Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. <i>Clinical Psychology: Science and Practice, 10</i> (2), 144–156.	<a href="#">The Book of Awakening</a> by Mark Nepo	<a href="#">RAIN</a>	<a href="#">TaraBrach.com</a>
O’Driscoll, M., Byrne, S., Mc Gillicuddy, A., Lambert, S., & Sahn, L. J. (2017). The effects of mindfulness-based interventions for health and social care undergraduate students – a systematic review of the literature. <i>Psychology, Health &amp; Medicine, 22</i> (7), 851–865.		<a href="#">Mindful Eating and Experiencing Chocolate</a>	<a href="#">Thich Naht Hahn</a>
Sottile, E. (2021) Twelve tips for mindful teaching. <i>Medical Teacher</i> , DOI: <a href="https://doi.org/10.1080/0142159X.2021.1887466">10.1080/0142159X.2021.1887466</a>		<a href="#">Gratitude Walking Meditation</a>	<a href="#">Mindful.org</a>
Zarate, K., Maggin, D. M., & Passmore, A. (2019). Meta-analysis of mindfulness training on teacher well-being. <i>Psychology in the Schools, 56</i> (10), 1700-1715.		<a href="#">Self-Compassion Break</a>	