



NAEMT Mental Health Resilience Officer Course - Resources for Calming and Mindfulness

Resource	Description	Link
Calm app	<p>Calm is a company specializing in mindfulness, guided imagery and sleep resources. They are most well known for their app which includes meditation resources and “Sleep Stories.”</p> <p>The app offers meditation and guided imagery for a variety of scenarios, including mindfulness, anxiety, difficulty sleeping, and increased focus.</p> <p>While the app is paid, they do have a discounted rate for businesses to purchase the product for their employees. Kaiser Permanente offers a free trial of some of their guided meditations free of charge. This can be a good place to start if someone would like to sample the app before they purchase.</p>	<p>Link for free guided meditation: https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/anxiety/calm-meditations</p> <p>Link for company website: https://www.calm.com/</p>
The Mindfulness app	<p>This app provides mediation and guided imagery resources with the added benefit of users being able to set reminders and select sessions lasting a specified amount of time. This can be convenient when only a set amount of time is available during the day.</p>	<p>Link for the app: https://themindfulnessapp.com/</p>
Headspace	<p>This app offers meditation and guided imagery resources in a staged format, encouraging users to master a level of meditation before advancing to the next level. This can be beneficial as it meets users where they are, not intimidating users with advanced meditation techniques before they have established a foundation to utilize those techniques.</p>	<p>Link for company website: https://www.headspace.com/</p>
InsightTimer	<p>InsightTimer offer meditation and guided imagery with an extensive library of free resources.</p>	<p>Link for the app: https://insighttimer.com/</p>
YouTube	<p>YouTube offers extensive user submitted resources for breathing exercises, yoga, mindfulness, and meditation. While the quality and selection may be variable, the content is free and readily accessible for anyone with an internet connection.</p>	<p>Link: https://www.youtube.com/</p>



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	One disadvantage is that all resources are user submitted, so they vary in quality and validity. It may be helpful as the MHRO to catalogue specific videos or channels that you yourself or others within the organization have found helpful, and keep a list of these on hand, or post a list for individuals to utilize as needed.	
UCLA Mindful	Managed by the University of California at Los Angeles, this free app offers basic meditations in English and Spanish. It has a getting started section for beginners to mindfulness and meditation, and also offers articles and studies on the science of mindfulness.	Link: https://www.uclahealth.org/ucla-mindful
Health Minds Program app	<p>This app was developed by neuroscientist Richard Davidson. It aims to integrate meditation training with neuroscience in order to improve individual well-being.</p> <p>The framework is divided into 4 pillars: Awareness, Insight, Connection and Purpose. Each of these is further subdivided into additional parts and series. This program diverges from ones previously mentioned in that it is an overall structure, meant to be consumed as a whole, over a longer course of time. This may not be good for colleagues looking to quickly log on and be guided through an exercise, however for individuals who want to further explore mindfulness and take a “deep dive” into techniques, this offers an in depth exploration, with a neuroscience basis.</p>	Link: https://hminnovations.org/meditation-app
Mindful.org	<p>Mindful is a website and print subscription that offers a larger overview of personal growth and wellbeing resources. This is likely not the best option for an individual looking for some quick tips, however for the MHRO, this website and print materials can provide information on additional resources that may be helpful. It can be used to help build the MHRO’s awareness of available resources and emerging trends.</p> <p>The website is often the top hit on Google when searching for mindfulness and meditation – so being aware of what is available on this resource can help when colleagues have been searching for resources on their own prior to approaching the MHRO for additional help.</p>	Link: https://www.mindful.org/