

National Stress Awareness Month Meditation Resources

FREE MEDITATION APPS



**Let's
Meditate**



Calm



Serenity



**Stop, Breathe
& Think**



Enjoy free online guided meditation courses,
along with short meditation videos taught by
experts on mindfulness and well-being.



**MINDFUL
LEADER**

mindful
healthy mind, healthy life

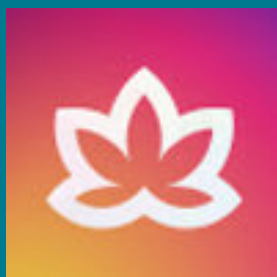
Mindful Leader has created a free initiative called Meditate Together that offers live, online daily group meditation sessions.

Mindful is a non-profit dedicated to inspiring, guiding, and connecting people to resources on mindfulness.

YOUTUBE MEDITATION CHANNELS



**Yellow Brick
Cinema**



**Meditative
Mind**



**Nu
Meditation
Music**



**Soothing
Relaxation**



Muse connects individuals to resources on mindfulness and meditation, such as podcasts, Youtube videos, and blog posts.