

# LACMC

Los Angeles County Management Council  
Education Committee



## Mindfulness Resources

# Mindfulness Resources

Resource	Description	Category	Cost
Hungry, Angry, Lonely, Tired (HALT)	Mindfulness technique to use when you are upset or in distress. Am I Hungry? Am I Angry? Am I lonely? Am I Tired? By answering these questions and taking care of yourself you can be present in the moment and make better decisions. For details on this exercise please research online.	Helpful mindfulness exercise when you are in distress	Free
The Five Things	This is a grounding exercise that uses three of our senses to help us connect to the moment and give us distance from what might be triggering us at that time. List five things that you see, hear, and feel. Continue with four things that you see, hear, and feel, later three .... There are different variations of this exercise and details online.	Helpful mindfulness exercise when you are in distress	Free
<a href="#">Calm</a>	Alex Tew, Michael Acton Smith and Tamara Levitt created "Calm" that offers meditations, calming music, and sleep features.	Meditation app	7-day free trial, \$14.00 per month and \$69.99 annual subscription
<a href="#">Headspace</a>	Created by Andy Puddicombe a meditation guru. The app provides access to a library of courses, daily meditation, sleep sounds, and bedtime stories.	Meditation app	\$12.99 a month or \$69.99 a year (7-day free trial)
<a href="#">Insight Timer</a>	Free meditation app with a media twist. It allows you to track your progress, access guided meditations and connect with other meditators worldwide.	Meditation app	Free guided meditations and upgrades with the yearly subscription for \$60
<a href="#">Tenpercent.com</a>	Founded by ABC Journalist Dan Harris	Meditation app	Subscription with personal coaching is \$99 a year after 7-day trial
<a href="#">Waking UP</a>	Created by Sam Harris, a neuroscientist. "The purpose of meditation isn't merely to de-stress, or to sleep better, or to learn to be a little less neurotic. The purpose is to radically transform your sense of who and what you are."	Meditation app	Free for five introductory meditation and theory lectures, then from \$14.99 / month. Annual \$99.99, lifetime \$ 499.99

<a href="#">Meditations by Chris Germer</a>	Different types of guided meditation. In addition, YouTube has many guided meditations.	Online guided meditations	Free
<a href="#">The habits of Happiness</a>	Matthieu Ricard talks about happiness. Ricard has been called, " The happiest person in the world."	Online TED talk with information on the importance of mind training to achieve happiness.	Free
<a href="#">How to be a Mindful Leader</a>	Janice Marturano is an author and former vice president at General Mills and executive director of the Institute for Mindful Leadership. Janice explains the importance of focus, clarity, creativity, and compassion for a mindful leader.	Online video with information on mindful leadership	Free
<a href="#">Why the world needs mindful leaders</a>	Matt Thieleman, a leadership, and executive coach, believes that a mindful leader needs self-awareness, awareness of others, and the ability to focus.	Online video with information on mindful leadership	Free
<a href="#">All it takes is 10 mindful minutes</a>	Andy Puddicombe explains how mindfulness is important in our busy life and explains that it only takes 10 minutes. There are many studies that have shown that only 10 minutes of daily mindfulness increases our wellbeing and the gray matter in our brains.	Online video with information on the importance of mindfulness in our lives.	Free
Mindfulness-Based Stress Reduction (MBSR)	Mindfulness-Based Stress Reduction (MBSR) is a structured group program designed to help people overcome difficulties like stress, chronic pain or illness, and mental health conditions like anxiety or depression.	Therapy or healing method	It can be use together with cognitive therapy of in an eight-week program (the cost varies from \$300 to \$900)

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