Mindfulness apps and you tube

5 minutes mindfulness of breath, non-judgemental

<https://www.youtube.com/watch?v=awc8MLSpjlQ>

8 minutes mindfulness of breath with music and pictures

<https://www.youtube.com/watch?v=fQ3bllim734>

App that asks how you are feeling and suggests appropriate mindfulness exercises

<http://stopbreathethink.org/>

Also available on iPhone and android for free search ‘stop breath think’

The ‘Calm’ app has a huge variety of meditation programs e.g. for sleep, pain relief, managing stress, understanding anxiety….some content is free but most requires a membership (currently £28.99 for a year). Mostly American narrators and guides. There are also sleep stories and calming music available

The ‘Headspace’ app is similar but with narrators with British accents. Current membership price is up to £50 for a year, with a 2-week free trial.

Note these sites are not endorsed by the NHS and it takes no responsibility for their contents