



LINKS AND RESEARCH:

Further reading on the seven Chakras for those who are interested;
<http://hpathy.com/homeopathy-papers/the-seven-chakras-of-the-body/>

Bringing mindfulness into daily activities to reduce stress!
<http://www.hngn.com/articles/136545/20151004/washing-dishes-effective-relieving-stress-study-finds.htm>

A child teaches some simple breathing techniques for mindful breathing, you can try them at home;
<http://leftbrainbuddha.com/mindful-breathing-exercises-for-kids-as-taught-by-my-son-video/>

Practicing Self-Compassion is so important to life Dr. Kristen Neff has developed some meditations to support this and describes exactly what it means on her website "*Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings - after all, who ever said you were supposed to be perfect?*";
<http://self-compassion.org/the-three-elements-of-self-compassion-2/>

Interesting mindfulness tool for managing emotional stress with younger kids;
<https://kristinamarcelli.wordpress.com/2017/02/26/mindful-de-escalation-i-spy-meets-crisis-intervention/>

Mindfulness Based Stress Reduction (an article);
http://www.huffingtonpost.com/suza-scalora/mindfulnessbased-stress-r_b_6909426.html

Psychology Research Paper ('Rumination' meaning going over things/ dwelling on them in your thoughts). "Cultivating multiple aspects of attention through mindfulness meditation accounts for psychological well-being through decreased rumination"
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4492627/pdf/prbm-8-171.pdf>

Defining Mindfulness and resilience in easy to watch Youtube clips (clinical mindfulness expert Jon Kabat-Zinn);
<https://www.youtube.com/watch?v=wPNEmxWSNxg>
<https://www.youtube.com/watch?v=ALjF1yb-VLw>

Clifford Nass, "How Multitasking Is Affecting the Way You Think" from 2013 (very interesting ideas given the technological advances of our world and the digital age we live in. <https://www.youtube.com/watch?v=MPHJMIOwKjE>