**Mindfulness and Meditation Resources**

We recognize that for many, time is limited. For that reason, we’ve created a series of brief mindfulness activities and meditations. I’m listing them below, in order, from shortest to longest. Please consider including one of these in your weekly routine. It can do you a world of good.

[Ocean Breath](https://www.spreaker.com/e/5YpJ24JaBsw) (6.5 min.)

[Moving Through Emotions](https://www.spreaker.com/e/8STPyTbnrUa) (6.5 min.)

[Three-Part Breathing Meditation](https://www.spreaker.com/e/YpAuTjynvHs) (7 min.)

[Alternate Nostril Breathing](https://vimeo.com/409810967/13003bed19) (8 min.)

[Mindful Relaxation Activity](https://www.spreaker.com/e/RKVTQvtwwuw) (11 min.)

[Color Journey](https://www.spreaker.com/e/sr3zpPuUPwb) (15 min.)