

Mindfulness Resources	
<a href="https://www.calm.com/app/meditate">https://www.calm.com/app/meditate</a>	Calm Meditation App
<a href="https://insighttimer.com/">https://insighttimer.com/</a>	Insite Meditation App
<a href="https://www.umhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-programs/mbsr-8-week-online-live">https://www.umhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-programs/mbsr-8-week-online-live</a>	8-Week Mindfulness-Based Stress Reduction (MBSR) program developed at the Stress Reduction Clinic at UMass Medical Center by Jon Kabat-Zinn.
<a href="https://www.thetappingsolution.com/">https://www.thetappingsolution.com/</a>	Tapping Solution
<a href="https://www.massgeneral.org/psychiatry/research/lazar-lab-for-meditation-research">https://www.massgeneral.org/psychiatry/research/lazar-lab-for-meditation-research</a>	Meditation lab at MGH
<a href="https://cphs.wayne.edu/occupational-therapy/resources/dementia_-_meditation_and_mindfulness_dementia.pdf">https://cphs.wayne.edu/occupational-therapy/resources/dementia_-_meditation_and_mindfulness_dementia.pdf</a>	More indepth article about dementia and mindfulness