

Resources and Referrals

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Devices and Wearables

- Bellabeat LEAF
- emWave2
- Firstbeat
- MyCalmBeat
- Oura wellness and activity tracker
- RESPeRATE
- Vinaya Altruis
- Wild Divine biofeedback sensors

Journals

- *Alternative and Complementary Therapies*
- *Counselling and Psychotherapy Research*
- *Journal of Clinical Mindfulness & Meditation*
- *Journal of Psychosomatic Research*
- *Journal of Restorative Medicine*
- *Mindfulness*
- *Psychophysiology*

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Smartphone and Tablet Applications

- BioZen (Android)
- Calm (Android, iOS)
- Gratitude Journal (iOS)
- Headspace (Android, iOS)
- Inner Balance (iOS)
- Mindfulness Training (iOS)
- MyCalmBeat (Android, iOS)
- Omvana (Android, iOS)
- Stop, Breathe & Think (Android, iOS)

Websites

- The Ayurvedic Institute
 - The Daily Routine
- Calm
- Duke Integrative Medicine's Mindfulness-Based Stress Reduction Program
- Flow Genome Project
- Greater Good: The Science of a Meaningful Life
 - Why Gratitude is Good
- Headspace
- Heart Math Institute
- Mindsight Institute
- National Center for Complementary and Integrative Health (NCCIH)
- Sounds True
- Thnx4 sharable online gratitude journal
- University of Pennsylvania—Positive Psychology Center
- VIA Institute on Character
 - VIA Character Strengths survey
- Wild Divine