Mindfulness/Meditation groups near campus:

- Weekly meditation group at the Tang Center
  https://uhs.berkeley.edu/facstaff/employee-assistance/resources/mindfulness

**Berkeley Shambhala Meditation Center**

- Sundays from 10 am -12.15, Wednesdays from 7 pm -8:30 pm weekly
  https://berkeley.shambhala.org/weekly-offerings/

**The Insight Meditation Community of Berkeley**

- Thursday evenings from 7:30-9:30 weekly
  http://www.insightberkeley.org/?page_id=114

**8 week Mindfulness Based Stress Reduction Classes**

- Kaiser Oakland
- UCSF Osher Center

**Books on Meditation**

- John Kabat Zinn, *Mindfulness for beginners*
- Jack Kornfield, *Meditation for beginners*
- Jon Kabat Zinn, *Full Catastrophe Living (handbook for mindfulness based stress reduction)*
- Pema Chodron, *How to meditate*
- Pema Chodron, *When Things Fall Apart*

**Meditation Retreat Centers**

- Green Gulch Zen Center: http://www.sfzc.org/green-gulch
- Spirit Rock Meditation Center: http://www.spiritrock.org/
- Several different guided meditations that you might try: http://marc.ucla.edu/mindful-meditations

Web: uhs.berkeley.edu/bewellatwork
Email: employeeassistance@berkeley.edu
Meditation Apps.

- https://insighttimer.com/
- http://www.stopbreathethink.org/
- https://www.headspace.com/headspace-meditation-app

Guided Visualizations:

- Guided visualization for sleep: http://www.healthjourneys.com/kaiser/healthfulSleep_flash.asp
- Bedtime meditation: http://medweb.mit.edu/audio/BedtimeMeditation.mp3
- Relaxation Exercises: https://mckinley.illinois.edu/health-education/stress-management/relaxation-techniques/relaxation-exercises

Employee Assistance provides confidential, no cost, short-term counseling, assessment, and referrals for employees and their immediate family members, for any personal and work-related concern. To schedule an in-person or telephone appointment, please call 510-643-7754.