

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
<https://thrive.kaiserpermanente.org/care-near-you/northern-california/eastbay/wp-content/uploads/sites/6/2018/04/Behavioral-Health-Resources.pdf>
- UCSF Osher Center
<http://www.osher.ucsf.edu/classes-and-lectures/meditation-and-mindfulness/mindfulness-based-stress-reduction/>

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>

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.

