

Mindfulness Meditation & Gratitude

Mindfulness meditation and gratitude can have a hugely *positive impact* on anxiety levels.

The practice of mindfulness meditation can **rewire our brains for happiness**.

Creating *calmer breathing, muscle relaxation & peaceful sleeping habits*.

Gratitude and appreciation have been **proven to substantially improve mental health**.

Something as simple as gratitude has been shown to reduce emotions like envy, resentment, frustration and regret. Research also confirms that **gratitude actually reduces depression** and aggression, at the same time as *increasing happiness and empathy*.

Make these part of your routine, and/or your child's routine, at bedtime each night.

- **Write down** in a gratitude diary 3 things you are grateful for
- Children will likely prefer to **talk about** 3 things that they are grateful for
- For the younger ones, **ask them**
 - o what made them smile today
 - o what are they proud of from their day

Mindfulness Meditation Apps for Adults...

Everyone is different, mindfulness meditation is very personal experience. I have found the best thing is to keep trying new meditations until you find the voice, music, guided exercise you like...

Have fun with it!

HELPFUL RESOURCES – Mindfulness Meditation Apps for Adults...



Insight Timer: This is an *Absolutely Wonderful Free app!*
It can be a bit hard to know where to start, so below are my current favourites to help you.

[Get the Insight Timer - Meditation App](#)



Loving and Listening to Yourself
13 min ★ 4.8 Sarah Blondin



Getting Unstuck
25 min ★ 4.8 davidji



Morning Meditation with Music
10 min ★ 4.7 Jonathan Lehmann



Mindfulness for Releasing Anxiety
24 min ★ 4.7 Glenn Harrold



Whispering Notes
1 hr 09 min ★ 4.7 Pablo Arellano



Learning to Surrender
8 min ★ 4.8 Sarah Blondin



Morning Meditation
6 min ★ 4.5 Bethany Auriel-Hagan



Yoga Nidra for Sleep
22 min ★ 4.7 Jennifer Piercy



I Would Like to Give you Permission
15 min ★ 4.9 Sarah Blondin



Our Call to Presence
17 min ★ 4.8 Sarah Blondin



Morning Peace and Grace
8 min ★ 4.5 Bethany Auriel-Hagan



Yoga Nidra for Relaxation
24 min ★ 4.7 The StillPoint



Detach From Overthinking: Healing & Cleansing Negative E...
25 min ★ 4.8 Kenneth Soares



Discovering Your Intrinsic Self
12 min ★ 4.8 Sarah Blondin



Re-energise
1 min ★ 4.3 just-a-minute



Love Wave Meditation (without Introduction)
12 min ★ 4.6 Steve Gold



Accepting Yourself Fully Meditation
14 min ★ 4.5 Max Ryan



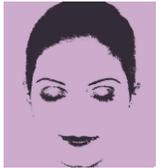
30 Minute Meditative State
23.82k plays • 776 ratings
30:36 • Chris Collins
★★★★★ 4.8



Guided Visualisation & Relaxation
15 min ★ 4.6 The StillPoint



The Healing Pool
884.05k plays • 11.1k ratings
60:00 • BrainwaveHub
★★★★★ 4.7

	<p>If you like Sean Connery's accent, these guided meditation apps by Andrew Johnson might work for you.</p> <p>You can find some of his guided meditations on Insight Timer.</p> <p>Get the Insight Timer - Meditation App</p> <div style="display: flex; flex-direction: column; gap: 10px;"> <div data-bbox="532 636 820 703">  <p>Body Scan Relaxation 8 min ★4.7 Andrew Johnson</p> </div> <div data-bbox="532 730 820 798">  <p>Power Nap 30 min ★4.7 Andrew Johnson</p> </div> <div data-bbox="532 825 820 892">  <p>Deep Sleep Meditation 31 min ★4.7 Andrew Johnson</p> </div> </div>
	<p>Another of Andrew's apps Relax with Andrew Johnson Lite to feel the world slow down. A great way to unwind and de-stress.</p> <p>Get the App</p>
	<p>Another of Andrew's apps Relax+ with Andrew Johnson is like a key that will unlock a more relaxed and stress free version of yourself.</p> <p>Get the App</p>
	<p>Take a Break! - Meditations for Stress Relief and let your stress melt away!</p> <p>You can enjoy the deep relaxation, stress relief and benefits of meditation with this app. Featuring two popular meditations from the Meditation Oasis podcast, the app gives you the option to listen with or without music or nature sounds. You can also listen to the relaxing music and nature sounds alone.</p> <p>Get the App</p>

	<p>Take a Break! Relax & Rest Guided Meditations</p> <p>These meditations vary lengths, allowing you to relax deeply regardless of how much time you have available. There are also written Meditation Tips to help support your experience with the guided meditations. No previous meditation experience is required.</p> <p>Get the App</p>
	<p>Breathe App from Reachout.com</p> <p>Helps you slow down your breathing and heartrate using visual cues. It is very effective!</p> <p>Get the App</p>
	<p>Stop, Breathe, Think App</p> <p>Allows you to check in with your emotions, meditate and breathe, based on your mood.</p> <p>Get the App</p>
	<p>Calm App</p> <p>It has visual breathing exercises and calming sounds to help you relax.</p> <p>Get the App</p>
	<p>Smiling Mind</p> <p>These programs are designed to help people in dealing with the pressure, stress and challenges of daily life.</p> <p>Get the App</p>

HELPFUL RESOURCES – Mindfulness Meditation Apps for Children ...

	<p>Insight Timer: This is an <i>Absolutely Wonderful Free app!</i> It can be a bit hard to know where to start, so below are the favourite mindful meditations for my girls, to help you</p> <p>Get the Insight Timer - Meditation App</p> <table border="0"> <tr> <td data-bbox="553 653 885 709">  <p>The Healing Pool 1 hr ★ 4.7 BrainwaveHub</p> </td> <td data-bbox="915 653 1211 709">  <p>Kids Meditation Story: Billy & Zac the Cat Go to Space 17 min ★ 4.6 Sleep Ezy Tonight • Kids</p> </td> </tr> <tr> <td data-bbox="553 730 885 787">  <p>Help Kids Sleep Meditation 20 min ★ 4.6 Julie Lewin • Kids</p> </td> <td data-bbox="915 730 1211 787">  <p>Peaceful Kids Guided Relaxation 6 min ★ 4.6 Mellisa Dormoy • Kids</p> </td> </tr> <tr> <td data-bbox="553 808 885 865">  <p>Guided Meditation for Deep Sleep 27 min ★ 4.5 Cory Cochiolo</p> </td> <td data-bbox="915 808 1211 865">  <p>Kids Sleep Fun 16 min ★ 4.5 Lisa Hubler • Kids</p> </td> </tr> <tr> <td data-bbox="553 886 885 942">  <p>Children's Guided Meditation for Deep Sleep 21 min ★ 4.6 Cory Cochiolo • Kids</p> </td> <td data-bbox="915 886 1211 942">  <p>Body Scan for Kids 12 min ★ 4.5 Mark Bertin • Kids</p> </td> </tr> <tr> <td data-bbox="553 963 885 1020">  <p>Caterpillar Tickles and Sweet Dreams 19 min ★ 4.6 Cory Cochiolo • Kids</p> </td> <td data-bbox="915 963 1211 1020">  <p>Deep Trance Sleep Healing 1 hr ★ 4.6 Lisa Hubler</p> </td> </tr> <tr> <td data-bbox="553 1041 885 1098">  <p>Children's Sweet Dreams Meditation 15 min ★ 4.6 Cory Cochiolo • Kids</p> </td> <td data-bbox="915 1041 1211 1098">  <p>Whispering Notes 1 hr 9 min ★ 4.8 Pablo Arellano</p> </td> </tr> <tr> <td data-bbox="553 1119 885 1176">  <p>Gratitude Meditation 14 min ★ 4.5 Sarah McLean</p> </td> <td data-bbox="915 1119 1211 1176">  <p>Expanding Love Guided Meditation 9 min ★ 4.4 Natalie Eve Marquis</p> </td> </tr> </table>	 <p>The Healing Pool 1 hr ★ 4.7 BrainwaveHub</p>	 <p>Kids Meditation Story: Billy & Zac the Cat Go to Space 17 min ★ 4.6 Sleep Ezy Tonight • Kids</p>	 <p>Help Kids Sleep Meditation 20 min ★ 4.6 Julie Lewin • Kids</p>	 <p>Peaceful Kids Guided Relaxation 6 min ★ 4.6 Mellisa Dormoy • Kids</p>	 <p>Guided Meditation for Deep Sleep 27 min ★ 4.5 Cory Cochiolo</p>	 <p>Kids Sleep Fun 16 min ★ 4.5 Lisa Hubler • Kids</p>	 <p>Children's Guided Meditation for Deep Sleep 21 min ★ 4.6 Cory Cochiolo • Kids</p>	 <p>Body Scan for Kids 12 min ★ 4.5 Mark Bertin • Kids</p>	 <p>Caterpillar Tickles and Sweet Dreams 19 min ★ 4.6 Cory Cochiolo • Kids</p>	 <p>Deep Trance Sleep Healing 1 hr ★ 4.6 Lisa Hubler</p>	 <p>Children's Sweet Dreams Meditation 15 min ★ 4.6 Cory Cochiolo • Kids</p>	 <p>Whispering Notes 1 hr 9 min ★ 4.8 Pablo Arellano</p>	 <p>Gratitude Meditation 14 min ★ 4.5 Sarah McLean</p>	 <p>Expanding Love Guided Meditation 9 min ★ 4.4 Natalie Eve Marquis</p>
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	<p>Children's Meditations</p> <p>This app has meditations for children of all ages and covers a range of themes to help your children to sleep soundly at night, to feel more confident at school and with their friends, and to feel happier and more positive.</p> <p>Get the App</p>														

	<p>Headspace</p> <p>Guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.</p> <p>Get the App</p>
	<p>Breathe App from Reachout.com</p> <p>Brilliant visual cues and direction to help you calm down. It is very effective!</p> <p>Get the App</p>
	<p>Stop, Breathe, Think App</p> <p>Allows you to check in with your emotions, meditate and breathe, based on your mood.</p> <p>Get the App</p>
	<p>Calm App</p> <p>It has visual breathing exercises and calming sounds to help you relax.</p> <p>Get the App</p>
	<p>Smiling Mind</p> <p>These programs are designed to help you deal with the stresses of daily life.</p> <p>Get the App</p>

HELPFUL RESOURCES – Mindfulness Meditation Face to Face Programs...

My daughter and I haven't attended either of the below mindfulness meditation courses as yet.

Both the websites are great and the programs look professional, well researched and fun. Something else on our list to try.

Let me know if you have any personal feedback, *I'd love to hear from you!*

	<p>Peaceful Kids</p> <p>Mindfulness Meditation programs for children that run throughout Australia both privately and within schools.</p> <p>Learn More</p>
	<p>My Peaceful Universe</p> <p>Mindfulness and Meditation have emerged as a fun and positive way to teach children resilience, awareness and self-belief, as well as a way to overcome a range of emotional challenges in their busy lives.</p> <p>Learn More</p>