



## Resources for Wellness

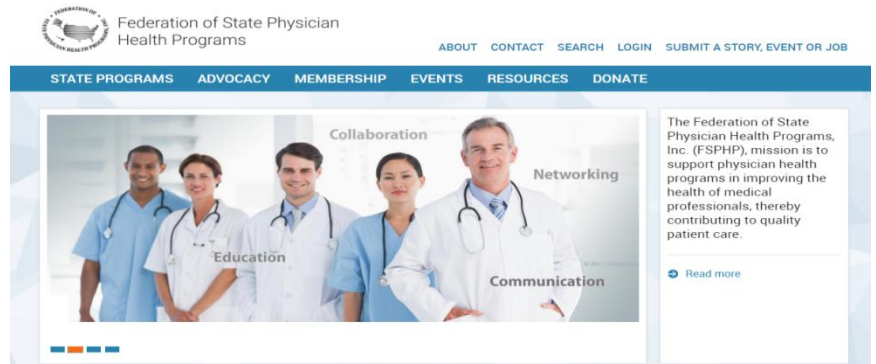


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<https://www.nami.org>



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# Mindfulness & Meditation

The power of mindfulness: What you practice grows stronger

<https://youtu.be/lebIIdB2-Vo>

Sensory counting:

- Focus on one stimulus (see, hear, smell, or feel)
- Block everything else out
- Focus on every aspect of that stimulus, then notice other senses

<https://www.sharonsalzberg.com/topic/day-4-counting-breath-meditation/>

Simple breathing exercise:

<https://www.youtube.com/watch?v=vXZ5I7G6T2I&feature=youtu.be>

Guided deep breathing video:

<https://www.youtube.com/watch?v=VLwHm5mkwI4>