

**What is happening?!**  
**Can Mindfulness Based Wellbeing Really Help in a Global Crisis?**  
**April 16, 2020 Webinar by MindWell ([www.mindwell-education.com](http://www.mindwell-education.com)) Resources**



**Resources**

- Article, ["How to make friends with what you're feeling?"](#)
- Article, ["Is anyone else just barely functioning right now?"](#)
- Article, ["Zoom exhaustion is Real"](#)
- Liz Gilbert Ted interview podcast - [On Emotions During this Time](#)
- Mindful.org - online magazine - for adult <https://www.mindful.org/>

**Resources for Mindfulness**

- Mindful Schools <https://www.mindfulschools.org/> FREE online session for young students
- I am Present - Inner Explorer app for family mindfulness <https://innerexplorer.org/>
- Mind Yeti <https://www.mindyeti.com> - for younger students
- Gina Beigel - resources for teens <https://www.stressedteens.com/resources-for-teens>
- Chris Willard - online session ["Shelter in Place with Kids"](#) April 29th

**Books:**

*Mindful Teacher, Mindful School: Improving wellbeing in teaching and learning* by Kevin Hawkins  
(e-book 35% reduction code **Mindful35EBKcp** )

<https://www.ebooks.com/en-gb/author/kevin-hawkins/1339820/>

*Mindfulness: Finding Peace in a Frantic World* by Mark Williams and Danny Penman

<http://franticworld.com/>

### Online Mindfulness Based Stress Reduction courses

- [Sounds True](#)
- [Breathworks](#)
- [UMass Medical Centre](#)

### Apps:

- Headspace <https://www.headspace.com/covid-19>
- CALM <https://www.calm.com/>
- Insight Timer <https://insighttimer.com/>

### Movement:

- Physical Education daily online for young kids: [PE with Joe](#)
- 20 minute morning Qi Gong routine, [Lee Holden](#)

### Help from Dr. Judson Brewer:

- [Coronavirus Anxiety Daily Update](#) by Judson Brewer - Series of helpful short videos from Brown University addiction specialist