

# Mindful Meditation Resources

Scan each QR code to access  
a variety of free mindful meditations.

UCLA Health  
MARC  
Guided Meditations



UHCL  
Counseling and Mental Health Center  
Visualization and Guided Imagery



UC San Diego  
Center for Mindfulness  
Guided Audio and Video



Dr. Kristin Neff  
Self-Compassion  
Guided Practices and Exercises



Dartmouth  
Student Wellness Center  
Mindfulness Exercises



The Free Mindfulness Project  
Free Resources



HelpGuide.org  
Explore Meditation



The Center for Mindful Eating  
Mindfulness Resource Library



McGill University  
Student Wellness Hub  
Audio Meditation



VA  
Veterans Health Library  
Mindfulness & Relaxation Resources

