



ST. JOSEPH'S CARE GROUP

## Mindfulness Resources

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### Videos about Mindfulness

- [YouTube video on mindfulness](#)
- [YouTube video Guided Meditation](#)
- [YouTube video John Kabat-Zinn with Oprah](#)

### Breathing Techniques

- [Belly breathing/diaphragmatic breathing](#)
- [Box breathing](#)
- [Extended Exhale \(2:1\) breathing technique](#)

### Books about Mindfulness

- Full Catastrophe Living – John Kabat-Zinn