

Meditation Menu

Resources for Relaxation and Self-Regulation



Downloads and Websites

HeartMath <i>dig around for relaxation exercises (Quick Coherence, Emotional Security Toolkit)</i> www.heartmath.org	\$0
Understanding the Power of Feelings <i>nice overview of emotional physiology</i> www.heartmath.org (<i>signup</i>)	\$0
Learning Meditation <i>guided audio series for kids</i> www.learningmeditation.com/children.btm	\$0
RelaxKids <i>relax to a british accent (more commercial than others here, though)</i> www.relaxkids.com	\$0
Mindful Awareness Research Center <i>research info and downloadable mp3's for kids</i> www.marc.ucla.edu	\$0
Institute for Mind-Body Medicine <i>resources for stressed-out adults</i> www.mbmi.org	\$0
Progressive Muscle Relaxation for Children <i>an imaginative script</i> www.yourfamilyclinic.com/adhd/relax.btm	\$0



Books and CDs

Lori Lite Books & CDs <i>variety of guided imagery and relaxation resources for children</i> www.litebooks.net	\$18
Jon Kabat-Zinn Books & CDs <i>research-based resources for adults</i> www.mindfulnessstapes.com	\$10
Still Quiet Place <i>website with samples and CD for kids by Dr Amy Saltzman</i> www.stillquietplace.com , cdbaby.com	\$16
Snuggle Down and Say Goodnight <i>sleep and relaxation CD for children</i> www.finefeatherproductions.com	\$14
MindWorks for Children <i>nice selection of book/CDs for children</i> www.mindworksforchildren.com	\$17
What to Do When You Worry/Grumble Too Much <i>workbook for anxious/grumpy kids from Dawn Huebner</i>	\$10
Be the Boss of Your Stress/Sleep <i>workbooks and stress relief kits from Dr. Timothy Culbert</i>	\$14
YogaKids <i>fun Yoga DVDs like "Silly to Calm" for young children</i> www.yogakids.com	\$14
The Mindful Brain <i>heady stuff on mindfulness and brain research from Daniel Siegel, MD</i>	\$18



TechnoGadgetry

Wild Divine <i>lovely home computer biofeedback journeys (must tolerate SNAGs)</i> www.wilddivine.com	\$159
emWave <i>excellent handheld biofeedback device from the HeartMath crew</i> www.emwave.com	\$199
StressEraser <i>more "clinical" portable biofeedback gizmo</i> www.stresseraser.com	\$299
Sansa Shaker <i>fun, cheap mp3 player with built-in speaker</i> amazon et al.	\$29
Pzizz <i>software for naps and sleep</i> www.pzizz.com	\$29
Calm, Centered Kids <i>(and Relaxed, Rested Grownups)</i> www.practicedaily.ommm	Priceless

Handout by Julian Davies, MD