

Resources and Referrals— Mindfulness and Restoration

Books

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Devices and Wearables

- [Bellabeat](#)
- [emWave](#)
- [Firstbeat](#)
- [Oura ring](#)
- [RESPeRATE](#)
- [Total Brain](#)
- [Wild Divine biofeedback sensors](#)

Journals

- [Alternative and Complementary Therapies](#)
- [Counselling and Psychotherapy Research](#)
- [Journal of Psychosomatic Research](#)
- [Journal of Restorative Medicine](#)
- [Mindfulness](#)
- [Psychophysiology](#)

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Smartphone and Tablet Applications

- [Calm](#)
- [Headspace](#)
- [Inner Balance](#)
- [Mindvalley](#)
- [Total Brain](#)

Websites

- [The Ayurvedic Institute: The Daily Routine](#)
- [Calm](#)
- [Duke Integrative Medicine's Mindfulness-Based Stress Reduction Program](#)
- [Flow Genome Project](#)
- [Greater Good Magazine: Why Gratitude is Good](#)
- [Headspace](#)
- [HeartMath Institute](#)
- [Mindsight Institute](#)
- [National Center for Complementary and Integrative Health \(NCCIH\)](#)
- [Sounds True](#)
- [Thnx4](#) (sharable online gratitude journal)
- [University of Pennsylvania—Positive Psychology Center](#)
- [VIA Institute on Character: VIA Character Strengths survey](#)
- [Wild Divine](#)