



## Meditation Resources

The following meditation resources were generated from participants in the SOM Lunchtime Learning workshop, "Meditation Sampler," held on Thursday, July 16, 2020.

ggia.berkeley.edu (lovingkindness)

Insight Timer (app)

Book—Learn How to Meditate in Seven Days

Headspace (app)

10 percent happier (app)

Saradaves.com – guided meditations now free

Cleveland Clinic Stress Free Now

VCU Learning Library – websites for stress management

Innerwork Center

Krista Neff – Mindful Self-Compassion

Guided Meditation: <https://youtu.be/inpok4MKVLM>

Mindfulness-Based Stress Reduction – many academic articles

Calm (app) - During this stressful time, the Calm app has also created a free resource page with meditation, stories, music, talks and more (including those for kids!), all hand-picked to support your mental and emotional wellness: <https://blog.calm.com/take-a-deep-breath>

Mindfulness Meditation and Medical Education:

<https://www.emra.org/emresident/article/mindfulness-meditation/#:~:text=Specifically%2C%20in%20medical%20students%2C%20higher,students%20after%20participating%20in%20MSBR.&text=In%20summary%2C%20mindfulness%20meditation%20may,and%20enable%20effective%20emotion%20regulation.>



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Sponsored by VCU School of Medicine Office of Faculty Affairs. For a list of upcoming "Lunchtime Learning" and professional development workshops, go to <https://vcuhealth.libcal.com/calendar/somofacal>.