



Resources for the mindful manager

Articles

- **Bringing Mindfulness to Your Career** <https://www.gsb.stanford.edu/insights/bringing-mindfulness-your-career>
- **Can Mindful Managers Make Happier Employees?** https://greatergood.berkeley.edu/article/item/can_mindful_managers_make_happier_employees
- **Developing Mindful Leaders for the C-Suite** <https://hbr.org/2014/03/developing-mindful-leaders-for-the-c-suite>
- **Harvard Research Reveals How Mindful Leaders Develop Better Companies and Happier Employees** <https://www.inc.com/marissa-levin/harvard-research-reveals-how-mindful-leaders-develop-better-companies-happier-employees.html>
- **How to Practice Mindfulness Throughout Your Work Day** <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day>
- **Mindfulness Tips for Managers** <https://www.lifeworks.com/blog/mindfulness-tips-managers/>

Resources at Yale

- **Being Well at Yale - Meditation & Mindfulness Classes and Groups** <https://beingwell.yale.edu/programs/stress-reduction/being-well-yale-resources/meditation-mindfulness>
- **Mindfulness & Meditation at Yale Health** <https://yalehealth.yale.edu/mindfulness-meditation-yale>
- **Yale Stress Center – Mindfulness Courses** <https://medicine.yale.edu/psychiatry/stresscenter/mindfulness/>

Apps

- **Calm – App for Meditation and Sleep** <https://www.calm.com/>
- **Head Space – Meditation Made Simple** <https://www.headspace.com/>
- **Stop, Breathe & Think – Find Peace Anywhere** www.stopbreathethink.com