Articles

- *Bringing Mindfulness to Your Career* [https://www.gsb.stanford.edu/insights/bringing-mindfulness-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](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](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](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](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/](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](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](https://yalehealth.yale.edu/mindfulness-meditation-yale)
- *Yale Stress Center – Mindfulness Courses* [https://medicine.yale.edu/psychiatry/stresscenter/mindfulness/](https://medicine.yale.edu/psychiatry/stresscenter/mindfulness/)

Apps

- Calm – App for Meditation and Sleep [https://www.calm.com/](https://www.calm.com/)
- Head Space – Meditation Made Simple [https://www.headspace.com/](https://www.headspace.com/)
- Stop, Breathe & Think – Find Peace Anywhere [www.stopbreathethink.com](http://www.stopbreathethink.com)

9-6-19 (Yale WorkLife)