

MBSR INTRODUCTION and WEEK 1

INTRODUCTION

60 Minutes Special on Mindfulness - Anderson Cooper

<https://www.youtube.com/watch?v=8-6XzURntE&list=PLbiVpU59JkVbFtkacXoByNjHJgGc4AryM&index=1>

Life is right now - Jon Kabat-Zinn on Mindfulness

<https://www.youtube.com/watch?v=VGtJQNqMXBY&list=PLbiVpU59JkVbFtkacXoByNjHJgGc4AryM&index=2>

Befriending Our Bodies - Jon Kabat-Zinn

https://www.youtube.com/watch?v=iS53rol_pWE&index=3&list=PLbiVpU59JkVbFtkacXoByNjHJgGc4AryM

WEEK 1

Supplementary Materials

Introduction to Mindful Eating by Michelle DuVal / The Mindful Center

<https://www.youtube.com/watch?v=6tw93IgfL0U>

How An Apple Can Help Kids Understand What's Happening Now

<https://www.youtube.com/watch?feature=endscreen&NR=1&v=j2uooeprDkE>