## NHS Greater Glasgow & Clyde Mindfulness App

## April 2020

Our **mindfulness app** contains more audio recordings of guided practices as well as links to online resources. The GG&C Mindfulness app is available to download for free from the <u>Google play store</u> for Android, and the <u>App store</u> for iOS. Use these links or scan the QR code below to download the app to your phone.





## Mindfulness Based Approaches 12+ The GGC Formulary and Therapeutics Handbook Team

the GGC Formulary and Therapeutics Handbook Team
\*\*\*\*\* 4.3, 3 Ratings
Free

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NHS		Mindfulness - Community #		Resources	
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MINDFULNESS BASED APPROACHES		<b>*</b>	•	Print Books	
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