GG&C ONLINE MINDFULNESS RESOURCES

App



Search for
Right Decisions:
Health & Care
in your iOS or
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Website





Download the app, then search for 'mindfulness' in the Toolkits list



The guided practices are in their own section

Announcements and latest updates **Guided practices Getting started Core practices Extra practices Archived practices Glasgow PMP practices NHS Forth Valley practices**

Start here, but feel free to explore the other sections....

Click Mindfulness - Community

https://rightdecisions.scot.nhs.uk/collections/collection?name=mindfulness