

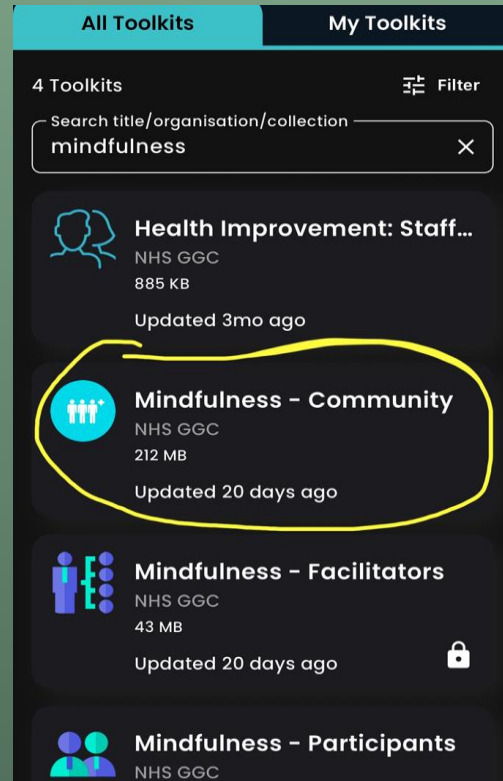
# GG&C ONLINE MINDFULNESS RESOURCES

## App



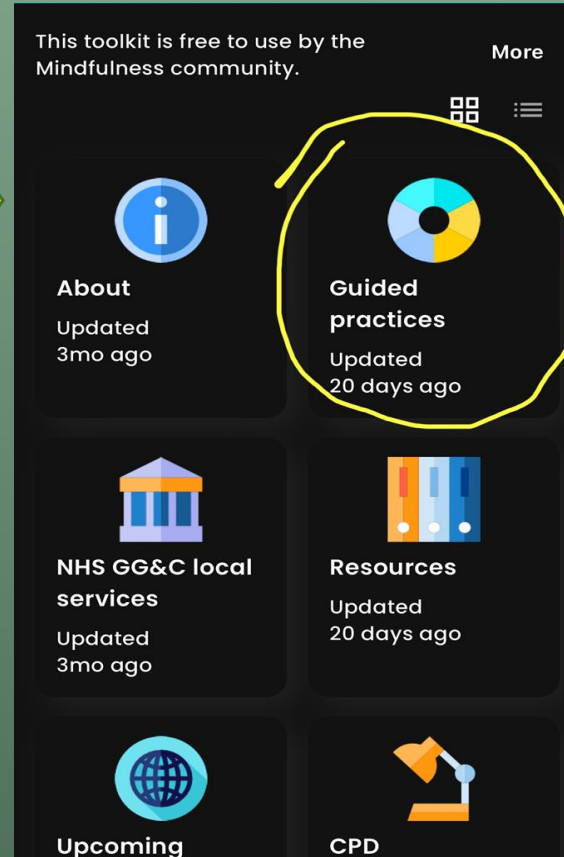
Search for **Right Decisions: Health & Care** in your iOS or Android app store

## Website

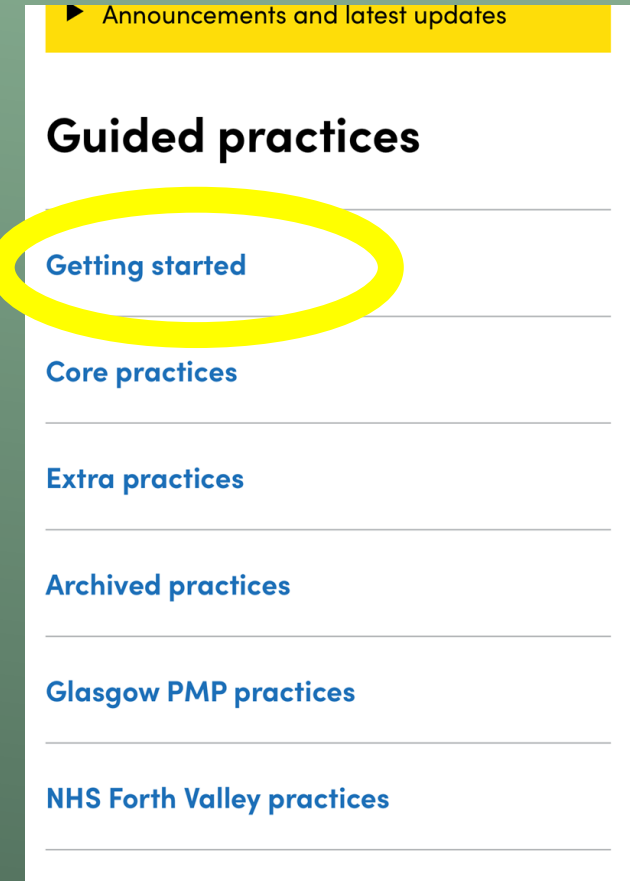


Download the app, then search for 'mindfulness' in the **Toolkits** list

Click **Mindfulness - Community**



The guided practices are in their own section



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

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