



RESOURCES ON JEWISH MEDITATION AND TEEN WELLNESS

Reading list for Jewish (and not) meditation: <https://www.alisonlaichter.com/readinglist>

A Short History of Jewish Meditation:

<http://velveteenrabbi.blogs.com/blog/2014/02/jewish-meditation.html>

Awakened Heart Project for Contemplative Judaism (resources, retreats, etc)

<http://www.awakenedheartproject.org/>

Institute for Jewish Spirituality (resources, retreats, etc)

<http://www.jewishspirituality.org/>

Jewish Meditation Center of Brooklyn (resources, parsha blog, etc)

<http://www.jmcbrooklyn.org>

How to Meditate from the New York Times:

<https://www.nytimes.com/guides/well/how-to-meditate>

How to Meditate by Lion's Roar:

<https://www.lionsroar.com/category/how-to/>

What's Going on Inside the Teenage Brain? From Mindful (links to books and articles):

<https://www.mindful.org/whats-going-on-inside-teen-brain/>

7 Ways Meditation Can Actually Change The Brain from Forbes:

<https://www.forbes.com/sites/alicegwalton/2015/02/09/7-ways-meditation-can-actually-change-the-brain/#78d60e1f1465>

Calming the teenage mind in the classroom from CNN:

<https://www.cnn.com/2016/02/08/health/mindfulness-teenagers-schools-stress/index.html>

Meditation for Teen Stress and Anxiety from the Cleveland Clinic (includes apps):

<https://health.clevelandclinic.org/2017/12/how-to-use-meditation-for-teen-stress-and-anxiety/>

Brainstorm: The Power and Purpose of the Teenage Brain by Dr. Daniel Siegel:

<https://www.mindful.org/amazing-tumultuous-wild-wonderful-teenage-brain/>

Resources & Downloads for Meditation in Schools:

<https://www.edutopia.org/stw-student-stress-meditation-resources-downloads>