

The Autopilot Way	The Mindful Way
<i>We react</i>	<i>We respond with awareness</i>
We re-live the past	We fully live the present
We neglect realities	We accept realities
We miss details	We notice details
We re-enact old habits	We see the big picture
We limit our choices	We have many choices
We relive past emotions	We have fresh emotions
We neglect our potential	We realize our potential
We enjoy life's pleasures less	We enjoy life's pleasures more

Guided Mindfulness Exercises

- UCSD Center for Mindfulness, Mindfulness-based Stress Reduction, <http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>
- UCLA Mindful Awareness Research Center, <http://marc.ucla.edu/body.cfm?id=22>
- San Francisco Acceptance and Commitment Therapy, <http://sf-act.com/resources.php>
- Tara Brach, Meditation, Emotional Healing, and Spiritual Awakening, <http://www.tarabrach.com/audioarchives-guided-meditations.html>
- Insight Meditation Center, <http://www.audiodharma.org/series/1/talk/1835/>
- Guided Self-Compassion Meditation, <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>
- Mindful Self-Compassion, http://www.mindfulselfcompassion.org/meditations_downloads.php
- Headspace, <http://www.getsomeheadspace.com/>

Guided Relaxation Exercises

- Relaxation recordings, Harry S. Truman Memorial VA Hospital, http://www.columbiano.va.gov/services/Relaxation_Recordings.asp
- Dartmouth University, Health Promotion, <http://www.dartmouth.edu/~healthed/relax/downloads.html>

Smartphone Apps for Meditation or Relaxation

- Headspace, <http://www.getsomeheadspace.com/>
- Breathe2Relax by The National Center for Telehealth and Technology
- Mindfulness Meditation by Mental Workout
- Simply Being by Meditation Oasis (\$0.99)