

Resources

1. [Research - UCLA Mindful Awareness Research Center - Los Angeles, CA](#)
2. [Dr. Dan Siegel Resources](#)
3. [DeStress Monday: Home](#)
4. [Healthline - Breathing Exercises](#)
5. [Alli Simon Classes + Recordings](#)
6. [Ellen Hendriksen - Free Resources](#)
7. [Social Determinants of Health](#)
8. [Long Beach Forward | Community. Power. Justice.](#)
9. [@flora_y_tierra • Instagram photos and videos](#)
10. [LAHSA - Los Angeles Homeless Services Authority](#)
11. [Get Food: Locate a Partner Agency](#)
12. [A college student's guide to better meal-planning](#)