This month’s newsletter focuses on online and community resources related to mindfulness and spirituality. Cultivating and utilizing either of these can be an important element of overall wellness.

1. Resources available:
   - Getting Started with Mindfulness
   - What Is Mindfulness?
   - Wildmind Buddhist Meditation
   - UCLA Mindfulness Awareness Research Center
   - KUMC Counseling & Educational Support Services
   - KUMC CESS offers a Koru Mindfulness workshop

2. Spiritual and Religious centers in Kansas City:
   - Islamic Society of Greater Kansas City
   - Temple Buddhist Center
   - All Souls Unitarian Universalist Church
   - Catholic Diocese of Kansas City-St. Joseph in Kansas City, Missouri
   - Jewish Federation of Greater Kansas City
   - Kansas City Midwest Sikh Association Gurdwara
   - Hindu Temple & Cultural Center of Kansas City
   - Churches in Kansas City, Missouri by Denomination
   - Churches in Kansas City, Kansas by Denomination

3. Ted Talk(s) of the month:

   How to tame your wandering mind | Amishi Jha | TEDxCoconutGrove

   Amishi Jha studies how we pay attention: the process by which our brain decides what's important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention's power, Jha says — but some simple techniques can boost it. "Pay attention to your attention," Jha says.