

MINDFULNESS RESOURCE LIST

BOOKS



The Book of Joy: Lasting Happiness in a Changing World – Desmond Tutu and the Dalai Lama, 2016

Unfck Yourself, Unfck the World – Kagiso Msimango, 2020

Stay Woke: A Meditation Guide for the Rest of Us – Justin Michael Williams, 2020

The How: Notes on the Great Work of Meeting Yourself – Yrsa Daley-Ward, 2021

Detox Your Heart: Meditations for Healing Emotional Trauma – Valerie Mason-John, 2017

MINDFULNESS RESOURCE LIST

YOGA

DoYogaWithMe - Free online yoga classes, including meditations for stress relief.
[Website](#)

Yoga with Adriene (YouTube) - Free yoga videos, including beginner-friendly sessions.
[Channel](#)

[Yoga Konga-Channel](#)

Boho Beautiful Yoga - [Channel](#)



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YOUTUBE CHANNELS

Chibs Okereke - Deeply Queer Meditations

Includes practices like "Deeply Queer Meditation for Calming Your Nervous System," perfect for stress relief and emotional regulation

Queer Plus Lotus

Offers guided meditations specifically for LGBTQ+ individuals, focusing on self-love, grounding, and emotional healing.

Michael Lobsang, Tenpa - Meditations and Talks

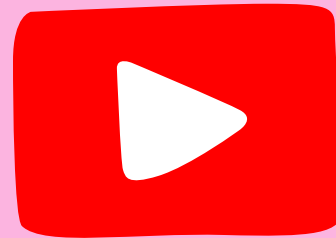
Provides queer-centered meditative talks and practices such as "A Cloud of Wisdom and Love" and "Seeing Through the Clouds."

The Queer Spectrum

Offers mindfulness meditations for people navigating their sexuality or gender identity, with calming, affirming guidance

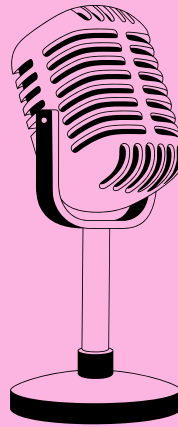
Yoga with Avery

Features a 10-minute gender-affirming meditation designed to help individuals connect with their authentic selves through breath and presence.



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PODCASTS



Spiritually Queer |
Contemplations with
Jane Lyon

A reflective podcast exploring how queer identity and spiritual growth intersect.

Meditation for Misfits
(M4M).

Hosted by Saaji Mahal, this podcast centers BIPOC and queer folks through meditations, affirmations, and interviews focused on joy, healing, and inner peace

Soul Sistās Sleep
Meditations

Designed for Black and Indigenous women and women of color across the diaspora, this podcast offers soft, grounding meditations to ease anxiety and support rest.

The Queer Quest Podcast

Hosted by Christiano Green, this podcast shares personal reflections and guided meditations focused on healing internalized oppression and cultivating queer self-acceptance

Millennial Soul Food
With Keyoncé (Keon Dillon), this podcast blends spirituality, magic, tarot, and Black Southern queer wisdom.

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MENTAL HEALTH RESOURCES & SERVICES

LGBTQIA+ Mental Health
Resource Center
Offers comprehensive
tools, fact sheets, and
affirming self-care
guides tailored to
LGBTQIA+ experiences.
[Website](#)

SameSame (Africa-wide)
A mental health digital
platform offering quick
and confidential access to
affirming care for
LGBTQIA+ youth across
Africa.
[Website](#)

It Gets Better Project
(Global)
Offers uplifting stories,
resources, and mental
health tools for LGBTQIA+
youth worldwide.
[Website](#)

Pakasipiti Zimbabwe
A feminist collective
supporting lesbian, bisexual,
and queer women with
advocacy, mental health
services, and community-
building initiatives in
Zimbabwe.
[Facebook](#)

GALZ (Zimbabwe)
LGBTQIA+ association
offering counseling,
safe spaces, and
psychosocial support
for the queer
community.
[Website](#)



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OTHER MINDFULNESS RESOURCES

Smiling Mind - Free mindfulness programs for stress, sleep, and relationships.

[Website](#)



Tara Brach - Guided meditations and mindfulness talks, including those focusing on self-compassion.

[Website](#)

Jon Kabat-Zinn's Mindfulness Meditations - Guided sessions from the founder of MBSR (Mindfulness-Based Stress Reduction).

[Website](#)

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MOBILE APPS

Liberate - Meditation app designed for Black and POC communities, including LGBTQIA+ individuals.

Calm - Offers guided meditations, sleep stories, and breathing exercises.

MyLife Meditation (formerly Stop, Breathe & Think) - Personalized meditation and emotional check-ins.

Headspace - Focuses on meditation and mindfulness with beginner-friendly programs.

Insight Timer - Free meditations, courses, and a community of meditation practitioners.

