Resources for beginning a mindfulness meditation practice:
Info on how to meditate, tips for starting a meditation practice, and several guided meditations
(from mindful.org)

Helpful instructions & tips for meditation posture (short YouTube video)

Meditation 101: Intro to Mindfulness of Breathing (short YouTube video)

Resources for sustaining a mindfulness meditation practice and making it more consistent:

11 Ways to Make Meditation a Daily Habit

Keeping a Consistent Meditation Practice

3 Ways to Build a Sustainable Meditation Practice (short YouTube video)

Dealing with 3 common challenges during meditation: Mind wandering, sleepiness, and boredom

https://www.youtube.com/watch?v=X8xu5jouHVk