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Things: Mindfulness Resources

There are now abundant resources for learning about and practicing mindfulness and mindfulness meditation. The following items are suggestions for getting started or beginning again (and again). Please see local resources for additional information and even more resource lists.

3 Books

- **Jon Kabat-Zinn** – creator of Mindfulness-based Stress Reduction (MBSR)
 - *Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life.* Short useful introduction for those new to mindfulness. With a CD.
 - *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.* Wonderful, short, to the point, something to read and re-read.
- **Jack Kornfield** - founder of Spirit Rock meditation center, CA.
 - *Meditation for Beginners*, with CD.

3 Websites

- **Center for Mindfulness in Medicine, Health Care & Society (UMASS)**
<http://www.umassmed.edu/cfm/>
Mission: Explore, understand, articulate and further mindfulness in the lives of individuals, organizations and communities through clinical care, rigorous scientific research, professional training, and informed public discourse.
- **Center for Mindfulness (UC San Diego)**
<https://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>
The UC San Diego Center for Mindfulness is a multi-faceted program of clinical care, professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society.
- **The Center for Mindfulness Studies – Toronto**
<http://www.mindfulnessstudies.com>
The Centre for Mindfulness Studies is a charitable social enterprise in downtown Toronto. We are the leading professional development and service delivery organization for mindfulness-based interventions in Canada.



3 Apps

- **Insight Timer**
- **Headspace**
- **Calm**

(for teens: Stop, Breathe & Think; Smiling Mind; Take a Break)

3 Brief Practices

- **S.T.O.P. – Stop – Take a Breath – Open/Observe – Proceed, Plan, Pause....**
- **3-Minute Breathing Space**

Jon Kabat-Zinn, PhD

<https://www.youtube.com/watch?v=amX1IuYFv8A>

- **Self-Compassion Break**

Kristin Neff, PhD – 3 Components of Self-Compassion

<https://www.youtube.com/watch?v=11U0h0DPu7k>

3 Short Films

- **Mindfulness 101: A Beginner's Guide Animation (Happify)**

https://www.youtube.com/watch?v=rqoxYKtEWec&list=PL_OpDgT5hSNBKBxIYw9tJhibXr6QPzt6p

Without animation: https://www.youtube.com/watch?v=mtsdz_jhB7c&t=2s

- **What is Mindfulness? Jon Kabat-Zinn**

<https://www.youtube.com/watch?v=HmEo6RI4Wvs>

- **10 Mindful Minutes – TED Talk with Andy Puddicombe**

<https://www.youtube.com/watch?v=qzR62JJCMBQ>