Mindfulness

Websites

Be Mindful
www.bemindful.co.uk

UK-based website raising awareness of the benefits of mindfulness-based therapies to improve mental & physical health. Includes general information, a stress test & online mindfulness course.

Body/Mind Skills: University of Toronto Faculty of Medicine
http://www.utoronto.ca/ | Search for "mindfulness in medical training"

Provides guided meditation downloads and recommended links.

Greater Good
http://greatergood.berkeley.edu/ **|** Search for "mindfulness"

US-based website focused on research into social and emotional well-being and helping people apply this research to their lives. Includes information on mindfulness, teaching mindfulness to children, and using mindfulness in different settings.

How to Encourage Mindfulness in Children: HandsOnScotland
http://www.handsonscotland.co.uk/ | Navigate to: How to help children flourish -> Mindfulness

Provides information on what mindfulness is, how it can help, and how to become more mindful.

Mindful
http://www.mindful.org/

Offers a wide range of resources, including tips on being more mindful, and supporting teenagers with mindfulness techniques.

Mindfulness for Teens
http://mindfulnessforteens.com/

This website provides information, tools, and resources to help teens get started with mindfuless.

Mindfulness Institute
http://www.mindfulnessinstitute.ca/

Canadian website with general information, resources, and education opportunities in the field of mindful awareness.

Toolkits

The Greater Good Guide to Mindfulness
http://research.educ.ubc.ca/ksr/docs/mindfulnessguide_may2010.pdf

This document includes "Tips for Teaching Mindfulness to Kids", a questionnaire to test how mindful you are, and a full listing of mindfulness resources.

Mindfulness Without Borders
http://mindfulnesswithoutborders.org/

Mindfulness Without Borders offers training, courses, and certification in mindfulness for school & health professionals, sample lesson plans, as well as mindfulness podcasts, handouts & resources.

Stress Management: Breathing Exercises for Relaxation
http://www.healthlinkbc.ca/ **|** Search for "breathing exercises" and "mindfulness"

This site offers information on breathing exercises, stress management, meditation, and mindfulness based stress reduction.

Youth in BC: Stress Management Exercises

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http://youthinbc.com/youth-issues/stress/stress-management-exercises/

This guide covers several types of exercises to help with stress, including breaking exercises, meditation, and muscle relaxation.

Audio & Video

Stop, Breathe and Think
Mindfulness app for teens. Available for iOS.
http://stopbreathethink.org/

Mindshift
Created by Anxiety BC. Available for iOS and Android.
For mindfulness meditation recordings, tap on "Chill Out Tools," then "Mindfulness Strategies"
http://www.anxietybc.com/mobile-app

Smiling Mind
A meditation website and smart phone app for young people from Australia.
http://smilingmind.com.au/

Kelty Mental Health Resource Centre
http://keltymentalhealth.ca/healthy-living/mindfulness

The Kelty Mental Health Resource Centre has a mindfulness section with free guided meditation audio recordings, links to mindfulness resources, and a video of youth sharing their experience with mindfulness.

SFU: Mindfulness Audio and Video Recordings
https://www.sfu.ca/students/health/resources/media/your-health--audio-video.html

Free access to audio and video recordings of mindfulness, body scan, PMR, and yoga exercises, along with information sheets.

Books

Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed (2010)
Christopher Willard | FSRC

An overview of mindfulness and meditation techniques, clear and detailed exercises, and personal stories that demonstrate the ability of mindfulness to empower children and adolescents.

Mindfulness for Beginners (2012)
Jon Kabat-Zinn | FSRC

A book that teaches you how to transform your relationship to the way you think, feel, love, work, and play – and thereby awaken to and embody more completely who you really are through a collection of mindfulness reflections and practices.

The Mindful Child: How to Help your Kid Manage Stress and Become Happier, Kinder, and More Compassionate (2010)
Susan Kaiser Greenland | FSRC

Shows parents how to teach the transformative practices of mindfulness to their children.

A Mindfulness-Based Stress Reduction Workbook (2010)
Bob Stahl | FSRC

Presents Jon Kabat-Zinn's groundbreaking Mindfulness-Based Stress Reduction program in an accessible workbook format.

Peace is Every Step: The Path of Mindfulness in Everyday Life (1992)
Tich Nhat Hanh | FSRC

Through stories, the author builds up to his philosophy for interbeing, the notion that none of us is separate.

Planting Seeds: Practicing mindfulness with children (2011)
Tich Nhat Hanh | FSRC

A book full of hands-on activities to help children and adults relieve stress, increase concentration and confidence, deal with difficult emotions, and improve communication

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress (2009)
Gina Biegel | FSRC

A psychotherapist specializing in mindfulness-based stress reduction shows how mindfulness skills can help teens relax, prioritize, and keep calm during stressful times.

Wherever You Go, There You Are (1994)
Jon Kabat-Zinn | FSRC

This book presents meditation as a natural activity that can be practiced anytime and anywhere without props.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books can be borrowed at no charge from anywhere in the province, or purchased from the bookstore.

Tel: 604-875-2345 ext. 5102 | Website: https://libraries.phsa.ca/fsrc

Training & Educational Resources

Center for Mindfulness in Medicine, Health Care, and Society
http://www.umassmed.edu/cfm/home/index.aspx Navigate to: The Stress Reduction Program > Find MBSR Programs Worldwide.

A US-based centre dedicated to integrating mindfulness-based approaches in mainstream medicine and healthcare. Provides a variety of educational opportunities in the US and Canada, including a number in BC.

MindUP
http://thehawnfoundation.org/mindup/

A mindfulness-based social-emotional learning program being used in Vancouver-area schools.

Mindfulness Based Stress Reduction BC
http://www.mbsrbc.ca/

Offers classes, workshops, and retreats for people who would like to learn mindfulness practices.

The Still Quiet Place
http://www.stillquietplace.com/

Mindfulness resources from Dr. Amy Saltzman for parents, teens, teachers, and service providers.

Tuning In: Mindfulness in Teaching and Learning (2009)
Irene McHenry & Richard Brady | Available from www.amazon.ca

A collection of essays by teachers for teachers.