

Mindfulness Resources

Table of Contents

[What is Mindfulness?](#)

[General Mindfulness Resources](#)

[Self-Compassion Practices](#)

[Apps](#)

[Mindfulness Community/Online Practices](#)

[Books](#)

What is Mindfulness?

- **Mindfulness Definition:**
<https://greatergood.berkeley.edu/topic/mindfulness/definition>
- **Mindfulness Basics:**
 - **New to Meditation – Tara Brach:**
<https://www.tarabrach.com/new-to-meditation/>
 - **Mindfulness | Taking Charge of Your Wellbeing:**
<https://www.takingcharge.csh.umn.edu/mindfulness>
 - **You Can Practice Mindfulness in as Little as 15 Minutes a Day:**
<https://www.health.harvard.edu/mind-and-mood/you-can-practice-mindfulness-in-as-little-as-15-minutes-a-day>

General Mindfulness Resources

- **Mindful.org:** <https://www.mindful.org/>
- **How to Meditate:** <https://www.mindful.org/how-to-meditate/>
- **Everything You Need to Start Meditating:**
<https://alifeofproductivity.com/meditation-guide/>
- **Six Tips to Help You Start Meditating:**
<https://www.oprahdaily.com/life/health/a27030704/how-to-start-meditating/>
- **Create Your Own Meditation Space:**
<https://www.aarp.org/home-family/your-home/info-2018/create-meditation-space.html>

- **Forget Sitting in the Lotus Position: How to Meditate ADHD-Style:**
<https://www.additudemag.com/how-to-meditate-for-adhd-symptoms/>
- **Meditation Affirmations:** <https://zannakeithley.com/meditation-affirmations/>
- **28 Best Meditation Techniques for Beginners to Learn:**
<https://positivepsychology.com/meditation-techniques-beginners/>
- **Plum Village Resources on Mindfulness:**
<https://plumvillage.org/mindfulness/mindfulness-practice>
- **Breathworks (For chronic pain and illness):**
<https://www.breathworks-mindfulness.org.uk>
- **BC Center for Mindfulness:** <https://centreformindfulness.kelty.link/resources>
- **Tara Brach, Jack Kornfield, and Jon Kabat-Zinn – Guided Resources:**
 - Tara Brach: <https://www.tarabrach.com/>
 - Jack Kornfield: <https://jackkornfield.com/>
 - Jon Kabat-Zinn: <https://jonkabat-zinn.com/>

Self-Compassion Practices

- **Self-Compassion with Kristin Neff:**
<https://self-compassion.org/self-compassion-practices/#guided-practices>
 - **Self-Compassion with RAIN (Recognize, Allow, Investigate, Nurture) by Tara Brach:** <https://www.tarabrach.com/rain/>
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Apps

Breathr App

- Short practices by BC Children's Hospital
<https://keltymentalhealth.ca/breathr>

Insight Timer

- A popular, free app for mindfulness and meditation
<https://insighttimer.com/>

Plum Village App

- Offers mindfulness practices and excellent resources
<https://plumvillage.app/>

One-Moment Meditation

- **App Store:** <https://apps.apple.com/us/app/one-moment-meditation/id873255555>
- **Google Play:**
https://play.google.com/store/apps/details?id=com.onemomentmeditation.omm1&hl=en_CA&pli=1

UCLA Mindful: Meditations for Well-Being

- Created by UCLA Health
- **App Store:** <https://apps.apple.com/us/developer/ucla-health/id646973492>
- **Google Play:** <https://play.google.com/store/apps/details?id=org.uclahealth.marc>

Free Meditation Apps Article

- A list of mindfulness apps worthy of attention
<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
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Mindfulness Community/Online Practices

Banyan

<https://banyantogogether.com/>

BC Association for Living Mindfully (BCALM)

<https://www.bcalm.ca>

Awake in the Wild

<https://www.awakeinthewild.com/>

Center for Mindfulness Studies – Free Mindfulness Drop-In Group

https://www.mindfulnessstudies.com/community/mindfulness-drop-in/?_ga=2.180268132.1906509695.1703694014-370936844.1663858733

Cambridge Center for Mindfulness and Compassion

<https://www.chacmc.org/connect>

Plum Village Communities (Sanghas) – In Person and Online

<https://www.plumline.org/>

The Free Mindfulness Project

<https://www.freemindfulness.org/live-online-mindfulness-sessions>

BC Insight Meditation Society (BCIMS)

<https://www.bcims.org/>

Books

For adults

The Miracle of Mindfulness: An Introduction to the Practice of Meditation

- **Author:** Thich Nhat Hanh
- **Year:** 1999

There Is No Right Way to Meditate: Revised and Expanded Edition

- **Author:** Yumi Sakugawa
- **Year:** 2023

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

- **Author:** Jon Kabat-Zinn
- **Year:** 1990 (New Edition: 2023)

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

- **Authors:** J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, and Jon Kabat-Zinn
- **Year:** 2007

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

- **Author:** Jon Kabat-Zinn
 - **Year:** 1994
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For younger children

Planting Seeds: Practicing Mindfulness with Children

- **Author:** Thich Nhat Hanh, Plum Village Community
- **Illustrator:** Wietske Vriezen
- **Publisher & Year:** Parallax Press, 2011

Puppy in My Head: A Book About Mindfulness

- **Author & Illustrator:** Elise Gravel
- **Year:** 2021

Mindful Monkey, Happy Panda

- **Authors:** Lauren Alderfer and Kerry Lee McLean
- **Publisher & Year:** Wisdom Publications, 2011

Moody Cow Meditates

- **Author:** Kerry Lee MacLean
 - **Publisher & Year:** Wisdom Publications, 2009
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For adolescents

The Mindful Teen: Powerful Skills to Help Handle Stress One Moment at a Time

- **Author:** Dzong X.
- **Publisher & Year:** New Harbinger, 2015

The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are

- **Author:** Karen Bluth
- **Publisher & Year:** Instant Help Books, 2017

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else

- **Author:** Christopher Willard
- **Publisher & Year:** New Harbinger, 2014