Websites & Online Resources

- Breathworks
  www.breathworks-mindfulness.org.uk

- Centre for Mindfulness in Medicine, Healthcare & Society
  www.umassmed.edu/cfm

- Dharma Seed
  www.dharmaseed.org

- Your Guide to Mindfulness-Based Cognitive Therapy
  www.mbct.com

- The Happiness Trap (Acceptance/Commitment Therapy)
  www.thehappinesstrap.com

- Mindful Families
  www.mindfulfamilies.ca

- Mindful Hub
  www.mindfulhub.ca

- The Mindful Mood Centre
  www.mindfulmood.com

- The Mindful Solution
  www.mindfulness-solution.com/technique-mindfulness.html

- Mindfulnet
  www.mindfulnet.org

- Rick Hanson, Clinical Psychologist
  www.rickhanson.net

- Self-Compassion (Dr. Kristin Neff)
  www.self-compassion.org

- Sounds True
  www.soundstrue.com

- Tara Brach
  www.tarabrach.com

DID YOU KNOW?

Mindfulness is about being aware and present in the moment, with acceptance and without judgment. It is a practice that involves paying attention to your surroundings and noticing or observing your emotions, thoughts, and how your body feels. Anyone can practice mindfulness.

Benefits of mindfulness include:
- Increased focus and attention
- Reduced stress
- Less anxiety
- A greater sense of calm

Web/Phone Apps

- Calm (iOS, Android)
  www.calm.com

- Headspace (iOS, Android)
  www.headspace.com

- Insight Timer (Meditation)
  https://insighttimer.com

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a healthcare provider.
Books
(Self-Help/Workbooks)


The Happiness Trap / Harris, R., Hayes, S. (2008)

The Mindful Path to Self-Compassion: Freeing Yourself From Destructive Thoughts and Emotions / Germer, C. (2009)


The Now Effect: How This Moment Can Change the Rest of Your Life / Goldstein, E. (2013)


Mindfulness-Based Group Programs

Humber River Hospital
416-242-1000 ext. 43000
*doctor’s referral required

North York General Hospital
416-483-3778
*doctor’s referral required

The Centre for Mindfulness Studies ($)
www.mindfulnessstudies.com
647-524-6216

The Mindful Mood Centre
www.mindfulmood.com
416-686-2138

University Health Network
Toronto Western: 416-603-5738
UHN: 416-340-4452

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