

Mindfulness and Meditation Resources

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 health care provider.



Books **(Self-Help/Workbooks)**

Eating Mindfully: How to End Mindless Eating and

Enjoy a Balanced Relationship With Food / Albers, S. (2012)

Mindfulness: A Practical Guide to Finding Peace in a Frantic World / Williams, M., Penman, D. (2011)

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 Mindful Way Through Anxiety: Break Free From Chronic Worry and Reclaim Your Life / Orsillo, S., Roemer, L. (2011)

The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness / Williams, M., Teasdale, J., Segal, Z., Kabat-Zinn, J. (2007)

The Mindful Way Workbook: An 8-Week Program to Free Yourself From Depression & Emotional Distress / Teasdale, J., Williams, M., Segal, Z., Kabat-Zinn, J. (2014)

The Mindfulness and Acceptance Workbook for Anxiety / Forsyth, J.P., Eifert, G.H. (2007)
The Mindfulness Solution: Everyday Practice for Everyday Problems / Siegel, R. (2010)

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

Radical Acceptance: Embracing Your Life With the Heart of a Buddha / Brach, T. (2003)

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind / Neff, K. (2011)

Everyday Blessings: The Inner Work of Mindful Parenting / Kabat-Zinn, K., Kabat-Zinn J. (1997)

Full Catastrophe Living: Using The Wisdom of Your Body and Mind to Face Stress, Pain and Illness / Kabat-Zinn, J. (1990)

When Things Fall Apart: Heart Advice for Difficult Times / Chödrön, P. (2000).

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life / Kabat-Zinn, J. (1994)

You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being – an 8 week program / Burch, V., Penman, D. (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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