

Resources to Continue Your Practice (Prepared by Ana McPeck S/OT)

Mindfulness and Meditation Apps (free* and paid^{\$} options)

- Jon Kabat-Zinn Meditations*/^{\$}
- Mindful USC*
- UCLA Mindful*
- Healthy Minds*
- Headspace*/^{\$}
- Insight Timer*/^{\$}
- Calm*/^{\$}
- Stop, Breathe, Think*/^{\$}
- Ten Percent Happier*/^{\$}

Headspace

- **YouTube:** <https://www.youtube.com/c/headspace>
- **Website** with articles and information and free practices to try <https://www.headspace.com/>
- **App** - You can do many practices on their app without a subscription
 - They have a “Take 10” challenge for on the app where you practice for just 10 minutes a day for 10 days and they ease you into the process with guided practices and education!
 - You can do a 14-day free trial of the app. They have practices for just about everything!
 - Sleep practices: guided wind down meditations, sleepcasts, music, advice
 - Movement: Yoga, all-level cardio and movement workouts, dance, etc.
 - Various music playlists of music to help you calm down or focus
 - Short mindful activities, animated mindfulness education
 - Courses and single guided meditations for things like anxiety, cravings, cancer, creativity, anger, sadness, grief, kindness, financial stress, change, pain, productivity, loneliness, self-compassion, self-esteem, relationships, sports, patience, etc.
 - Students can get the app for only \$9.99 per year! <https://www.headspace.com/studentplan>

Other YouTube Pages/Playlists

- UCLA: https://www.youtube.com/playlist?list=PLUMGj5aa3O5ugLPk_eFfbIUu0SNCWyoE
- Oxford Mindfulness Centre: https://www.youtube.com/channel/UCkvTP_x8sburMgYSMjYnNHw
- Calm: <https://www.youtube.com/c/calm>
- Stop, Breathe, Think: <https://www.youtube.com/c/Stopbreathethink>

Other Websites

- The Greater Good Science Center at the UC Berkeley <https://ggia.berkeley.edu/#filters=mindfulness>
- UCSD Center for Mindfulness <https://cih.ucsd.edu/mindfulness/guided-audio-video> & another playlist (1-20 minute practices) <https://soundcloud.com/ucsdmindfulness/sets/short-meditation-sessions>
- A variety of short 3-5 minute practices, plus 12-37 minute progressive muscle relaxation practices
- <https://mindfulwaythroughanxiety.com/exercises/>
- Self-compassion (5-24 minutes) <https://self-compassion.org/category/exercises/#guided-meditations>
- Variety of practices (3-47 minutes) <https://www.freemindfulness.org/download>
- Videos explaining mindfulness <https://cih.ucsd.edu/mindfulness/mindfulness-videos>
- Free resources from Calm <https://www.calm.com/blog/mindfulness-resources>

Books

- *“Mindfulness for Beginners”* by Jon Kabat-Zinn PhD
- *“MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction”* by Elisha Goldstein PhD and Bob Stahl PhD
- *“A Beginner’s Guide to Meditation: Practical Advice and Inspiration from Contemporary Buddhist Teachers”*
- *“The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day”* by Andy Puddicombe
- *“How to Meditate”* by Pema Chodron

Local Activities to search for in your area

- Movement practice including yoga, Tai chi, Qigong
- Meditation groups/communities
- MBSR or mindfulness programs

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STOP: Responding vs. Reacting



Stop

Take a breath

Open & Observe

Proceed

Example: You are in the middle of a phone conversation. The topic is challenging.

You suddenly notice that you are upset (that is the moment of **STOP**).

You take a deliberate **breath** (or two or three), which gives you a little bit of space or distance from the direct feeling of upset.

Then you pay attention (**observe**) what is going on inside of you: you feel that your shoulders are tight and your jaw clenched. You feel a little hot and you feel like yelling or saying something mean.

With this information and the created space you can now decide how to **proceed**.

STOP can create the small gap we need in order to make a decision instead of reacting mindlessly.



Technique for working with difficulties

1. Recognize what is happening

Focus on what is happening in your body: what kind of sensations or emotions? In your thoughts?

2. Allow life to be just as it is

To allow what is happening can be hard. Experiment with using the word “Yes.” Or “This, too...” to soften. What happens?

3. Investigate with kindness

You might want to ask the questions: “What most wants attention?” “How am I experiencing this in my body?” or “What am I believing?” or “What does this feeling want from me?”

4. Non-Identification

Allowing the experience to be as it is but don't make it who you are. For example, instead of saying “I'm really anxious.”, try phrasing it into “There is a lot of anxiety here.” This helps to deidentify but to still acknowledge the fact. This is here, but not who you are. Write down your challenging emotion or sensation

Grounding Techniques – especially useful for times of anxiety or stress

Anxiety grounding

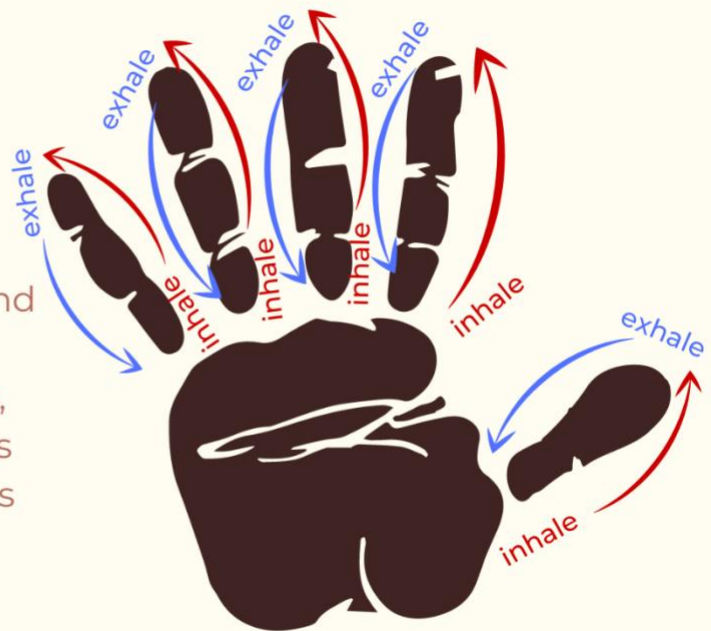
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Grounding through breath

Five Finger Technique

- Spread out your fingers
- Use a finger on your other hand to trace around your thumb
- Breathe in as your finger rises, breathe out as your finger falls
- Keep tracing all of your fingers
- Repeat if you need to



Supportive Touch Self-Compassion Break



Place your hand on your heart, or hold your hands in your lap.

Take some deep breaths.

What is bothering you? How is it showing up in your body?

Remember we all have pain and suffering, it's part of being human. That doesn't negate your pain or suffering, but it reminds you you're not alone.

Acknowledge your suffering and how this moment of your life is, but don't identify with your pain or suffering. It's here, but it's not who you are.

Take a few more deep breaths, feel the warmth of your hands.

Be kind to yourself.