

Mindfulness Resources

Cultivate More Calm and Joy in Your Life



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1

HEART BRAIN COHERENCE

EXPLORE THE SCIENCE, BREATHING & MEDITATION TECHNIQUES OF
THIS POWERFUL TOOL FOR CULTIVATING MINDFULNESS

2

ACT MINDFULLY

RUSS HARRIS (ACCEPTANCE & COMMITMENT THERAPY) HAS
DEVELOPED FREE RESOURCES THAT SUPPORT YOU TO PRACTICE
MINDFULNESS

3

AROMATHERAPY

AN INTRODUCTION TO USING ESSENTIAL OILS FOR RELAXATION AND
MINDFULNESS WITH DIFFUSER RECIPES

4

SIMPLE BREATHWORK

A COLLECTION OF BREATHING EXERCISES WITH INSTRUCTIONAL
VIDEOS

5

GRATITUDE JOURNALING

A REMINDER OF THE POWER OF A GRATITUDE PRACTICE AND TIPS FOR JOURNALING

6

VISION BOARD

CREATING VISION BOARDS IS A GREAT INDIVIDUAL OR GROUP EXERCISES TO ENCOURAGE MINDFULNESS, GRATITUDE AND POSITIVE THINKING.

7

MEDITATION EXERCISES

A COLLECTION OF SIMPLE MEDITATION EXERCISES WITH INSTRUCTIONAL VIDEOS

8

MINDFULNESS APPS

FREE APPS THAT CAN BE DOWNLOADED TO YOUR PHONE



Heart Brain Coherence

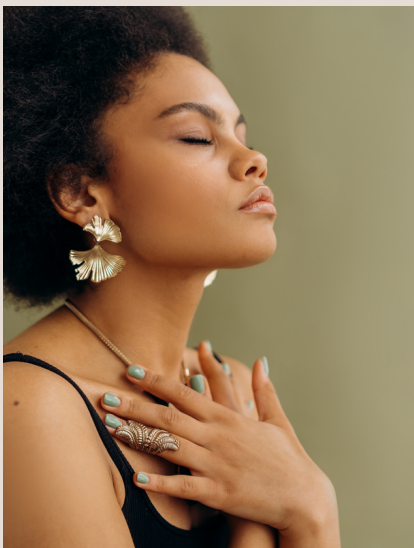
The Heart-Brain Connection

Most of us have been taught in school that the heart is constantly responding to “orders” sent by the brain in the form of neural signals. However, it is not as commonly known that the heart actually sends more signals to the brain than the brain sends to the heart! Moreover, these heart signals have a significant effect on brain function – influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. In other words, not only does the heart respond to the brain, but the brain continuously responds to the heart.

Heart Math Institute

Visit the website heartmath.com. to watch videos on how to teach heart brain coherence breath. Download the free workbooks and resources.

- 10 Heartmath Practices For Reducing Stress
- Science Of The Heart



[Heart Math Website](http://heartmath.com)



HEART BRAIN COHERENCE MEDITATIONS ON YOUTUBE

[DR. JOE DISPENZA - HEART BRAIN COHERENCE MEDITATION](#)

[HEART COHERENCE MEDITATION 639 HZ HEART CHAKRA 5 MIN BY GAIA MEDITATION](#)

[HEART COHERENCE \(CARDIAC COHERENCE\) - WATERFALLS 5 MINUTES](#)

[HEART COHERENCE TECHNIQUE, LOVE & ALCHEMY BY NATALIE VALLE](#)

[HEART EXPANSION GUIDED MEDITATION FOR CREATING POSITIVE FEELINGS](#)

ACT MINDFULLY

ACT breaks mindfulness skills down into 3 categories:

- 1) Defusion: distancing from, and letting go of, unhelpful thoughts, beliefs and memories.*
- 2) Acceptance: making room for painful feelings, urges and sensations, and allowing them to come and go without a struggle.*
- 3) Contact with the present moment: engaging fully with your here-and-now experience, with an attitude of openness and curiosity.*

The 5 most common misunderstandings about mindfulness with Russ Harris. Watch this video on YouTube. <https://www.youtube.com/watch?v=DD-rY0XNSZE>



FREE RESOURCES

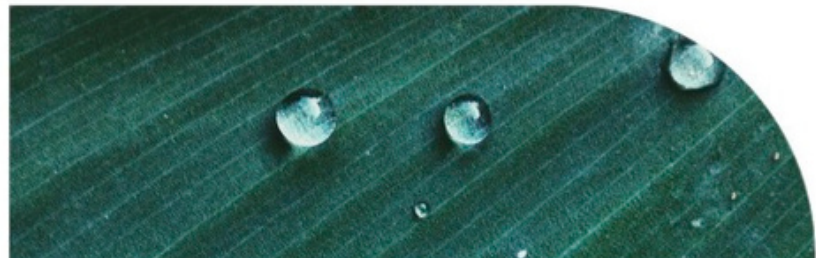
There's a variety of free resources to use with Russ's self-help books – “The Happiness Trap”, “The Confidence Gap”, “The Reality Slap”, “ACT With Love” – and his textbooks: “ACT Made Simple”, “Getting Unstuck In ACT”, “ACT Questions and Answers”.

<https://www.actmindfully.com.au/free-stuff/extra-bits-ebooks-worksheets-and-handouts/>

ACT Made Simple: The Extra Bits

A collection of tips, tools, techniques, scripts, discussions, worksheets, eBooks, audio MP3s and YouTube videos, to support and extend the 2nd Edition of ACT Made Simple

By Dr. Russ Harris



ACT VIDEOS ON YOUTUBE

THE STRUGGLE SWITCH - ANXIETY

INTERNAL STRUGGLES - THE CHESSBOARD METAPHOR

THE CHOICE POINT: A MAP FOR A MEANINGFUL LIFE

THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS

AROMATHERAPY

Essential oils can be incorporated into your daily life to support mindfulness, relaxation and focus.

Extracted through careful steam distillation, resin tapping or cold pressing, the purest essential oils are far more powerful than the botanicals from which they come.

You can use diffusion (placing essential oils in a water filled diffuser) or by applying a couple of drops to a tissue or cotton pad for inhalation.

Unlike candles and room fresheners which can be full of harmful chemicals and artificial ingredients, essential oils have many researched health benefits.

Plus, you can create your own custom blends to suit your needs. There are blends that are calming, while others are more uplifting or energising.

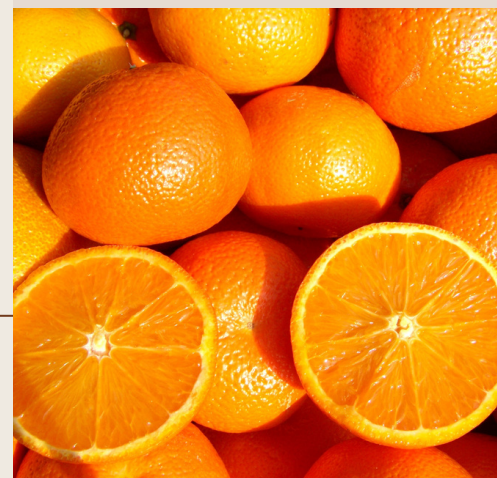
If you are pregnant (unless you are a trained aromatherapist) only use Peppermint, Lavender, Lemon or Orange Essential Oil. These are all very safe for children also.

Watch this video

[How To Use Essential Oils](#)



*This will be what
draws your
audience in. Make
sure that you have
accompanying
visual content that
immediately
catches the eye.*



FIND MORE INFORMATION AT
[MELCRAVEN.COM/ESSENTIAL-OILS](https://www.melcraven.com/essential-oils)

AROMATHERAPY

ESSENTIAL OIL DIFFUSER BLENDS

Grounding Presence

3 drops Pine
3 drops Cypress
3 drops Geranium

Feeling Centred

2 drops Cedarwood
2 drops Lavender
1 drop Frankincense
1 drop Patchouli

Finding Peace

3 drops Roman Chamomile
2 drops Sandalwood
1 drop Vetiver

Heart Centre

3 drops Ylang Yang
3 drops Rose
2 drops Lemon
1 drop German Chamomile

https://www.youngliving.com/en_AU/



SIMPLE BREATHING EXERCISES



Incorporating breathing exercises into your day will have powerful benefits. Breathing deeply and mindfully decreases stress hormones and increases the feel good hormones. It is amazing what a difference just 3 deep belly breaths can make.

BREATHING VIDEOS ON YOUTUBE

<u>Box Breathing</u>	<u>4-7-8 Breath</u>	<u>Belly Breathing</u>
<u>Bee Breath</u>	<u>Laughter Yoga</u>	<u>Finger Breathing</u>
<u>Alternate Nostril Breathing</u>	<u>Ocean Breath</u>	<u>Lion Breath</u>



ONE MORE POWERFUL MINDFULNESS TOOL

GRATITUDE JOURNALING

Practicing gratitude can reduce stress and increase happiness.

According to the UCLA's Mindfulness Awareness Research Center, gratitude changes the molecular structure of the brain, keeps gray matter functioning and makes us healthier and happier. And our happiness affects our central nervous system which then helps us to be more peaceful and less reactive.

And it doesn't stop there. Other studies show that people who write down what they are grateful for have even greater success with increasing their happiness.

Set aside a few minutes at the end of each day to write down a few things you are grateful for. It can be as simple as appreciating the person who held the door open for you. The practice helps you see life more through the perspective of gratitude. Once you write your list, allow a couple minutes to focus on the genuine feeling of appreciation for the things on your list. Be consistent with the practice to get the most out of it.



Vision boards are highly versatile.

<https://www.betterup.com/blog/how-to-create-vision-board>

MEDITATION EXERCISES WITH LINKS

<u>Tea Meditation</u>	<u>Chakra Meditation</u>	<u>The Raisin Exercise</u>
<u>Candle Meditation</u>	<u>Yoga Nidra</u>	<u>Heart Expansion</u>
<u>Death & Impermanence Meditation</u>	<u>Loving Awareness Meditation</u>	<u>Body Scan Meditation</u>

MINDFULNESS APPS



SMILING MINDS



CALM



HEADSPACE



BEYOND BLUE
(SAFETY PLANNING)_





CONTACT ME AT
[MELRAVEN.COM](https://melraven.com)

Visit my website to discover more free resources, yoga
videos and tips to support your wellbeing.