

Mindfulness Resources

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Are you interested in practicing mindfulness but don't know where to start? This resource package outlines mindfulness clinics in Toronto, online resources that provide free mindfulness recordings, well-known high quality mindfulness apps, and mindfulness books.

MINDFULNESS AND MEDITATION CLINICS:

- 1) The Mindfulness Clinic
<https://www.themindfulnessclinic.ca/>
- 2) Centre for Mindfulness Studies
<https://www.mindfulnessstudies.com/>
This clinic has an app available for no cost with mindfulness/self-compassion practices.

ONLINE MINDFULNESS RESOURCES:

These websites all have a variety of mindfulness and/or self-compassion recordings that are freely available.

- 1) UC San Diego Centre for Mindfulness
<https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/default.aspx>
- 2) Dr. Kristen Neff: psychology professor and researcher in the field of self-compassion, co-founder of the Mindful Self-Compassion program.
<https://self-compassion.org/category/exercises/>
- 3) Dr. Chris Germer: Clinical Psychologist and co-founder of the Mindful Self-Compassion program.
<https://chrisgermer.com/>
- 4) Dr. Tara Brach: Clinical Psychologist and meditation teacher.
<https://www.tarabrach.com/>
- 5) UCLA Mindful Awareness Research Centre (available in 16 languages)
<https://www.Free Guided Meditations - MARC | UCLA Health>
- 6) Oxford Mindfulness Centre
<https://www.oxfordmindfulness.org/learn-mindfulness/resources/>

APPS FOR PRACTICING MINDFULNESS:

Apps

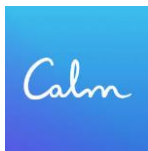
Summary

Smiling Mind



- This mindfulness app was designed by educators and psychologists to help you bring a sense of balance to your life through easy and simple practices
- Offers guided mindfulness for children, teens, adults
- Free

Calm



- This mindfulness app includes nature images, music, calming sounds, sleep narratives, and guided meditations
- Has a check in feature for your mood and makes recommendations
- Free

Insight Timer



- Specialized meditations for anxiety and sleep
- 150,000 mindfulness recordings from psychologists, spiritual teachers and mindfulness teachers
- Free

Headspace



- This mindfulness app has practices that focus on sleep, anxiety, relationships, mood and more
- Has "SOS" meditations for emergency moments
- Cost: Free to try for 14 days. \$7.50 per month

Buddhify



- Guided meditations for walking, managing emotions, dealing with stress, sleep and waking and more
- Cost: \$6.99

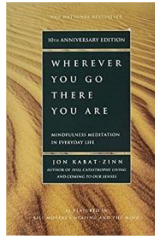
10% Happier



- Mindfulness recordings for stress, sleep and cultivating well-being and kindness
- World expert meditator recordings
- Apple "best of 2018" award winner
- 500+ meditations
- Not for androids

BOOKS FOR ADDITIONAL MINDFULNESS AND PSYCHOLOGY TOOLS:

Books

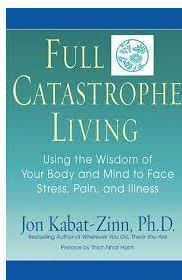


Summary

Wherever You Go There You Are

By: Jon Kabat-Zinn

Jon Kabat-Zin a leading world expert in mindfulness and teaches how to use this practice to cope with pain and chronic health conditions.



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

By: Jon Kabat-Zinn

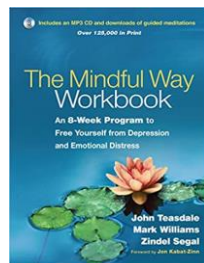
Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this book teaches how to use mind-body approaches based in meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.



Self-Compassion: The Proven Power of Being Kind to Yourself

By: Kristen Neff

This book teaches on self-compassion and how to use simple and gentle practices to counter the critic within and cultivate well-being.



The Mindful Way Workbook

By: John Teasdale, Mark Williams, and Zindel Segal.

This book leads the reader through the standardized 8 week Mindfulness-based Cognitive Therapy program for addressing stress, anxiety and depression using mindfulness, reflection practices and tools for progress.