

Mindfulness

Websites

Be Mindful

www.bemindful.co.uk

UK-based website raising awareness of the benefits of mindfulness-based therapies to improve mental & physical health. Includes general information, a stress test & online mindfulness course.

Body/Mind Skills: University of Toronto Faculty of Medicine

<http://www.utoronto.ca/> | Search for “mindfulness in medical training”

Provides guided meditation downloads and recommended links.

Greater Good

<http://greatergood.berkeley.edu/> | Search for “mindfulness”

US-based website focused on research into social and emotional well-being and helping people apply this research to their lives. Includes information on mindfulness, teaching mindfulness to children, and using mindfulness in different settings.

How to Encourage Mindfulness in Children: HandsOnScotland

<http://www.handsonscotland.co.uk/> | Navigate to: How to help children flourish -> Mindfulness

Provides information on what mindfulness is, how it can help, and how to become more mindful.

Mindful

<http://www.mindful.org/>

Offers a wide range of resources, including tips on being more mindful, and supporting teenagers with mindfulness techniques.

Mindfulness Institute

<http://www.mindfulnessinstitute.ca/>

Canadian website with general information, resources, and education opportunities in the field of mindful awareness.

Toolkits

The Greater Good Guide to Mindfulness

http://research.educ.ubc.ca/ksr/docs/mindfulnessguide_may2010.pdf

This document includes “Tips for Teaching Mindfulness to Kids”, a questionnaire to test how mindful you are, and a full listing of mindfulness resources.

Mindfulness Without Borders

<http://mindfulnesswithoutborders.org/>

Mindfulness Without Borders offers training, courses, and certification in mindfulness for school & health professionals, sample lesson plans, as well as mindfulness podcasts, handouts & resources.

Stress Management: Breathing Exercises for Relaxation

<http://www.healthlinkbc.ca/> | Search for “breathing exercises” and “mindfulness”

This site offers information on breathing exercises, stress management, meditation, and mindfulness based stress reduction.

Youth in BC: Stress Management Exercises

<http://youthinbc.com/youth-issues/stress/stress-management-exercises/>

This guide covers several types of exercises to help with stress, including breaking exercises, meditation, and muscle relaxation.

Audio & Video

Stop, Breathe and Think

Mindfulness app for teens. Available for iOS.

<http://stopbreathethink.org/>

Mindshift

Created by Anxiety BC. Available for iOS and Android.

For mindfulness meditation recordings, tap on "Chill Out Tools," then "Mindfulness Strategies"

<http://www.anxietybc.com/mobile-app>

Smiling Mind

A meditation website and smart phone app for young people from Australia.

<http://smilingmind.com.au/>

Kelty Mental Health Resource Centre

<http://keltymentalhealth.ca/healthy-living/mindfulness>

The Kelty Mental Health Resource Centre has a mindfulness section with free guided meditation audio recordings, links to mindfulness resources, and a video of youth sharing their experience with mindfulness.

SFU: Mindfulness Audio and Video Recordings

<https://www.sfu.ca/students/health/resources/media/your-health--audio-video.html>

Free access to audio and video recordings of mindfulness, body scan, PMR, and yoga exercises, along with information sheets.

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

<http://www.utoronto.ca/> | Search for "mindfulness in medical training"

Provides guided meditation downloads and recommended links.

Books

Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed (2010)

Christopher Willard | [FSRC](#)

An overview of mindfulness and meditation techniques, clear and detailed exercises, and personal stories that demonstrate the ability of mindfulness to empower children and adolescents.

Mindfulness for Beginners (2012)

Jon Kabat-Zinn | [FSRC](#)

A book that teaches you how to transform your relationship to the way you think, feel, love, work, and play – and thereby awaken to and embody more completely who you really are through a collection of mindfulness reflections and practices.

The Mindful Child: How to Help your Kid Manage Stress and Become Happier, Kinder, and More Compassionate (2010)

Susan Kaiser Greenland | [FSRC](#)

Shows parents how to teach the transformative practices of mindfulness to their children.

A Mindfulness-Based Stress Reduction Workbook (2010)

Bob Stahl | [FSRC](#)

Presents Jon Kabat-Zinn's groundbreaking Mindfulness-Based Stress Reduction program in an accessible workbook format.

Peace is Every Step: The Path of Mindfulness in Everyday Life (1992)

Tich Nhat Hanh | [FSRC](#)

Through stories, the author builds up to his philosophy for interbeing, the notion that none of us is separate.

Planting Seeds: Practicing mindfulness with children (2011)

Tich Nhat Hanh | [FSRC](#)

A book full of hands-on activities to help children and adults relieve stress, increase concentration and confidence, deal with difficult emotions, and improve communication

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress (2009)

Gina Biegel | [FSRC](#)

A psychotherapist specializing in mindfulness-based stress reduction shows how mindfulness skills can help teens relax, prioritize, and keep calm during stressful times.

Wherever You Go, There You Are (1994)

Jon Kabat-Zinn | [FSRC](#)

This book presents meditation as a natural activity that can be practiced anytime and anywhere without props.

FSRC: Family Support & Resource Centre at BC Children's Hospital. If this is not within your area, you can request the item through the mail at no charge.

Tel: 1-800-331-1533

Website: <http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/library.htm>

Training & Educational Resources

Center for Mindfulness in Medicine, Health Care, and Society

<http://www.umassmed.edu/cfm/home/index.aspx> Navigate to: The Stress Reduction Program > Find MBSR Programs Worldwide.

A US-based centre dedicated to integrating mindfulness-based approaches in mainstream medicine and healthcare. Provides a variety of educational opportunities in the US and Canada, including a number in BC.

MindUP

<http://thehawnfoundation.org/mindup/>

A mindfulness-based social-emotional learning program being used in Vancouver-area schools.

Mindfulness Based Stress Reduction BC

<http://www.mbsrbc.ca/>

Offers classes, workshops, and retreats for people who would like to learn mindfulness practices.

The Still Quiet Place

<http://www.stillquietplace.com/>

Mindfulness resources from Dr. Amy Saltzman for parents, teens, teachers, and service providers.

Tuning In: Mindfulness in Teaching and Learning (2009)

Irene McHenry & Richard Brady | Available from www.amazon.ca

A collection of essays by teachers for teachers.