

# Menu of Mindfulness-Informed Resources to Inspire Your Practice\*

Resource	Author/Source	Comments
<b><i>Book recommendations</i></b>		
<b>Wherever you go there you are</b>	Jon Kabat-Zinn, PhD	304 pgs. Introduction to mindfulness and meditation
<b>Why zebras don't get ulcers</b>	Robert Sapolsky, PhD	560 pgs. Long, classic, somewhat technical but informative resource regarding stress and the stress response
<b>When the body says NO: Understanding the stress-disease connection</b>	Gabor Mate, MD	320 pgs. Good read on the mind-body connection and the relationship between stress, emotions and health
<b>Untethered soul: The journey beyond yourself</b>	Michael Singer	200 pgs. Interesting read about the role of thoughts and emotions and their effects on health and wellbeing
<b>Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness</b>	Jon Kabat-Zinn, PhD	720 pgs. – one of the classic, accessible works on mind-body medicine and the relationship between stress and health
<b>Mindful Relationships: Seven skills for success – integrating the science of mind, body and brain</b>	B Grace Bullock, PhD	189 pgs. – accessible integration of the science of stress and its effects and exercises and tools for defusing it
<b>The gifts of imperfection</b>	Brene' Brown, PhD	160 pgs. exploring how our fears, shame and embarrassments interfere with our joy and self-acceptance
<b>Going to pieces without falling apart</b>	Mark Epstein, MD	200 pgs. – interesting integration of Western and Buddhist psychology about the link between happiness and letting go.
<b>The brain that changes itself</b>	Norman Doidge, MD	448 pgs. of fascinating stories about the brain's ability to recover from injury, trauma, and illness – a tale of neuroplasticity
<b>Mindsight: The new science of personal transformation</b>	Daniel Siegel, MD	336 pgs.– integration of Western neuroscience and Eastern meditation exploring how the mind can change.
<b>Quiet: The power of introverts in a world that can't stop talking</b>	Susan Cain, PhD	370 pgs. – the science and reality of the life of an introvert, and how to accept your introverted self
<b>Mindful Magazine and Mindful.org</b>	Foundation for a Mindful Society	Monthly magazine and frequent blog posts regarding a wide range of mindfulness-related topics. There are frequent 30-day "challenges" and motivational groups to sustain and inspire regular mindfulness practice, as well as a number of guided meditations and a podcast.
<b><i>Mindfulness-oriented apps</i></b>		
<b>Calm (IOS and Android)</b>	<a href="http://www.calm.com">www.calm.com</a>	<b>Free for anyone in education</b> , this beautifully-constructed and continuously expanding app

\* This is a dynamic list – resources will be added as needed/appropriate

		includes breathing exercises, daily and health-specific meditation, music, sleep stories, movement exercises and more. Good sessions for beginners, and short, 7-session series for specific needs, anxiety, stress, sleep. Also Sleep Stories narrated by many popular voices. Option to use the app offline, which is great for travel.
<b>Insight Timer (IOS and Android)</b>  <b>NOTE: You can find the Intentional Breathing practice if you search "Bullock". It's free.</b>	<a href="http://www.insighttimer.com">www.insighttimer.com</a>	<b>Free</b> and continuously expanding platform includes a library of nearly 13,000 guided meditations from over 2,600 teachers with customized topics (stress, relationships, anxiety), music and more. \$5 targeted courses
<b>Stop, Breathe &amp; Think (IOS and Android)</b>	<a href="http://www.stopbreathethink.com">www.stopbreathethink.com</a>	Free-mium* app (free or \$10/month) includes many guided meditations, customized sounds, and exercises for depression, anxiety, sleep and more. Also contains mood tracking.
<b>10% Happier (IOS and Android)</b>	<a href="http://www.10percenthappier.com">www.10percenthappier.com</a>	Free-mium* app (free or \$99.99 annual subscription) for fidgety meditation skeptics with focus on anxiety and sleep. There is also a 10% Happier podcast with many interesting interviews and topics.
<b>Breethe</b>	<a href="http://www.breethe.com">www.breethe.com</a>	Free-mium* meditation tool with tailored topics and mindfulness and meditation techniques
<b>Meditation Studio (IOS and Android)</b>	<a href="https://www.meditationstudioapp.com">https://www.meditationstudioapp.com</a>	Free-mium* app (free or \$49.99 annual subscription) offers more traditional meditation for those with some experience with formal meditation and breath awareness techniques. Includes a meditation for children and for college students, and topics ranging from anxiety and managing negative thoughts, to sleep.
<b>YellowBrickCinema</b> <b>For those with internet access who don't use smart phone apps</b>	<a href="https://www.youtube.com/channel/UCwobzUc3z-0PrFpoRxNsXQ">https://www.youtube.com/channel/UCwobzUc3z-0PrFpoRxNsXQ</a>	YouTube channel that offers a virtually continuous streams of different types (classical, instrumental, New Age) music for meditation, sleep, study, relaxation and stress relief.

### ***Yoga Resources for Everyone***

<b>Yoga International</b>	<a href="http://www.yogainternational.com">www.yogainternational.com</a>	*Free and membership-based yoga resource includes yoga practice videos for all levels, hundreds of classes and courses for members, and an inspirational blog that covers myriad topics including practices for individuals with particular health issues, research findings, inspirational stories and more.
<b>YogaUOnline</b>	<a href="http://www.yogaonline.com">www.yogaonline.com</a>	*A great resource for yoga practices for beginners and those with health conditions, many resources and workshops for those seeking more detailed knowledge, free downloads, and a wealth of yoga and wellness news on the wellness blog. Free and for pay course options, as well as continuing education classes for yoga instructors.
<b>YogaGlo</b>	<a href="http://www.glo.com">www.glo.com</a>	One of the most popular commercial yoga practice sites, includes a 2 week free trial and

		unlimited access to yoga, Pilates and meditation instruction for \$18/month from world renown yoga teachers.
<b>Mindful Resources for Runners/Athletes</b>		
<b>Mindful Running</b>	<a href="http://www.mindfulrunning.org">www.mindfulrunning.org</a>	From the host of the podcast “Inspire Nation” a selection of videos, blog posts and other resources on topics related to fitness, meditation, mindful breathing, running posture and more.
<b>Running with the Mind of Meditation</b>	<a href="https://www.amazon.com/Running-Mind-Meditation-Lessons-Training/dp/0307888177">Sakyong Mipham https://www.amazon.com/Running-Mind-Meditation-Lessons-Training/dp/0307888177</a>	Book of insights regarding the intersection of running, meditation and mindfulness. Author’s website includes videos and guided meditations.
<b>ChiRunning</b>	<a href="https://www.chirunning.com">https://www.chirunning.com</a>	Based on the movement principles of Tai Chi where body, mind and breath are connected, contains blog of useful tips, workshops, books and instructional resources.
<b>Videos</b>		
<b>Omega Institute for Holistic Studies YouTube Channel</b>	<a href="https://www.youtube.com/user/TheOmegalnstitute/search?query=meditation">https://www.youtube.com/user/TheOmegalnstitute/search?query=meditation</a>	Covering a breadth of meditation and yoga traditions, this channel is filled with short videos by world renown educators on a wealth of topics related to mindfulness, mental health, humanity, relationships, as well as guided meditations and inspirational talks.
<b>How stress affects your brain</b>	TED ed <a href="https://youtu.be/WuyPuH9ojCE">https://youtu.be/WuyPuH9ojCE</a>	4 min short animation providing basic information on how stress impacts the brain's primary structures.
<b>Flipping your lid: A scientific explanation</b>	Daniel Siegel, PhD <a href="https://youtu.be/GOT_2NN_oC68">https://youtu.be/GOT_2NN_oC68</a>	Want to know a bit more about why you flip your lid? Dan's discussion of how the "downstairs brain" can flood the "upstairs brain" with emotion.
<b>Self-transformation through mindfulness</b>	David Vago, PhD <a href="https://youtu.be/1nP5oed_mzkM">https://youtu.be/1nP5oed_mzkM</a>	Cognitive neuroscientist discusses how our moment to moment experience shapes our thoughts, perceptions and emotions.
<b>How meditation can reshape our brains</b>	Sara Lazar, PhD <a href="https://youtu.be/m8rRzTtP7Tc">https://youtu.be/m8rRzTtP7Tc</a>	Neuroscientist Sara Lazar discusses some of the emerging research regarding how consistent mindfulness practice relates to brain change - neuroplasticity
<b>Mindfulness and the psychology of possibility</b>	Ellen Langer, PhD <a href="https://www.youtube.com/watch?time_continue=1&amp;v=nXixMXDPv6g">https://www.youtube.com/watch?time_continue=1&amp;v=nXixMXDPv6g</a>	Considered the “mother of mindfulness”, this Harvard professor of social psychology has conducted many studies examining how humans think and behave, and describes her findings in a somewhat humorous way.
<b>The science of mindfulness</b>	Ron Siegel, PhD <a href="https://www.youtube.com/watch?time_continue=2784&amp;v=aPIG_w40qOE">https://www.youtube.com/watch?time_continue=2784&amp;v=aPIG_w40qOE</a>	A part-time Assistant Professor at Harvard Medical school, Dr. Siegel teaches internationally on the subject of mindfulness and what the science tells us about how mindfulness-informed

		practices can be used to deal with symptoms of anxiety, depression, and other daily issues.
<b>Mindsight, compassion, the brain and education – body regulation, attuned communication, emotional balance, calming fears, insight, empathy, morality and intuition</b>	Dan Siegel, MD <a href="https://youtu.be/J-BJpvdBp4">https://youtu.be/J-BJpvdBp4</a>	This UCLA professor describes his 3 new R's of education – Reflection, Relationships and Resilience – and creating a more compassionate world.

### ***Mindfulness Programs and Resources for Teachers and Schools***

<b>Association for Mindfulness in Education</b>	<a href="http://www.mindfuleducation.org">http://www.mindfuleducation.org</a>	The Association for Mindfulness in Education is a collaborative association of organizations and individuals working together to provide support for mindfulness training as a component of K-12 education.
<b>CASEL – Collaborative for Academic, Social and Emotional Learning</b>	<a href="http://www.casel.org">www.casel.org</a>	The Collaborative for Academic, Social, and Emotional Learning (CASEL) defined SEL more than two decades ago. Today, we collaborate with leading experts and support districts, schools, and states nationwide to drive research, guide practice, and inform policy.
<b>Robert Wood Johnson Foundation (RWJ) Social and Emotional Development Matters</b>	<a href="https://www.rwjf.org/en/library/research/2018/12/social-and-emotional-development-matters.html?cid=xsh_rwjf_fb&amp;fbclid=IwAR13tbZHcRx7dXMe0lup-YFeLmZmKm224mXF217bU5qJ9EEDzbPciCTdpxE">https://www.rwjf.org/en/library/research/2018/12/social-and-emotional-development-matters.html?cid=xsh_rwjf_fb&amp;fbclid=IwAR13tbZHcRx7dXMe0lup-YFeLmZmKm224mXF217bU5qJ9EEDzbPciCTdpxE</a>	Newsletter detailing emerging findings regarding the effects of social and emotional learning on health and wellbeing of school staff and students.
<b>CARE – Cultivating Awareness and Resilience in Education - for teachers</b> <b>The Garrison Institute</b>	<a href="https://www.garrisoninstitute.org/what-were-working-on/care-for-the-caregivers/care-for-teachers/">https://www.garrisoninstitute.org/what-were-working-on/care-for-the-caregivers/care-for-teachers/</a>	CARE introduces basic mindfulness activities such as short periods of silent reflection, and progresses to activities that demonstrate how to bring mindfulness to challenging situations teachers often encounter. Through these activities, teachers learn to bring greater calm, mindfulness and awareness into the classroom to enhance their relationships with their students, their classroom management, and curricular implementation. The CARE program is designed to be presented in four day-long sessions spread out over four to five weeks. Intersession coaching via phone and internet supports teachers' practice and application of new skills.
<b>CREATE for Education (Creating Resilience for Educators, Administrators and Teachers</b>	<a href="https://createforeducation.org">https://createforeducation.org</a>	Creating Resilience for Educators, Administrators and Teachers. The goal of CREATE is to nurture healthy, caring school communities that support

		social and emotional learning and teacher and principal wellness.
<b>Peace in Schools</b>	<a href="https://www.peaceinschools.org">https://www.peaceinschools.org</a>	Peace in Schools offers in-depth, experiential mindfulness courses designed for teachers, school counselors, parents, clinicians, and other youth-serving professionals.
<b>Mindful Schools</b>	<a href="https://www.mindfulschools.org/training/mindfulness-fundamentals/">https://www.mindfulschools.org/training/mindfulness-fundamentals/</a>	The central objective of this course is to introduce you to mindfulness meditation and help you cultivate a personal mindfulness practice. Both beginners and those with significant experience find this course extremely worthwhile.
<b>Podcasts</b>		
<b>10% Happier</b>	<a href="https://www.10percenthappier.com/podcast">https://www.10percenthappier.com/podcast</a>	ABS news anchor Dan Harris has a website, podcast, and other resources on his page <a href="http://www.10percenthappier.com">www.10percenthappier.com</a> His podcast includes many interviews with TV personalities, musicians, actors, meditation teachers and many others that are informative and often entertaining. They begin with a segment devoted to questions from his audience.

\* Many offerings are free with optional paid subscription to access more tools and offerings.