

## Mindfulness Resources

### **Online Guided Meditations and Resources:**

- [Midday Mindfulness](#): A database of 70+ one hour videos with a wide range of topics that cover mindfulness and the real world.
- [Center for Mindfulness](#): Our website provides resources on guided meditations, institutions, trainings, videos, writings, and events.
- [Tiara Cash's Trauma Responsive Mantra](#): A mantra is a word or phrase – spoken or sung, to create a change in our lives by manifesting thought through our own physical vibrations (Sakara). This mantra is responsive and geared toward the support of victims and survivors. (Youtube Search: Trauma Responsive Mantra).
- [Koru Mindfulness](#): 10 minute guided exercises geared toward emerging adults (college students)
- [Eternal Sunshine](#): Londrelle's personal mindfulness app including daily mantras, essential wisdom, inspirational talks, guided meditation exercises, morning mindfulness information and music
- [Insight Timer](#): Home to more than 3 million meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.
- [Dharma Seed](#): Dharma Seed is an online resource dedicated to making the Buddhist teachings of Insight Meditation and associated practices available to all.
- [Headspace](#): Headspace provides guided meditations, articles, and videos on topics related to stress, focus, compassion, anxiety, sleep, focus, relationships, work and many others subjects.
- [Liberate](#): A meditation app to intentionally support the Black, Indigenous, People of Color (BIPOC) community in healing to thrive with love.

### **Readings:**

- Jon Kabat-Zinn's *Wherever you go, there you are*
- Jon Kabat-Zinn's *Full Catastrophe Living*
- Thich Nhat Hanh's *Peace is Every Step*
- Holly Rogers' *The Mindful Twenty Something*
- Eckhart Tolle's *The Power of Now*
- Sharon Salzberg's *Real Happiness*
- Daniel Gleman & Richard J. Davidson's *Altered Traits*
- Londrelle's *Eternal Sunshine (Volume 1)*
- Paulo Coelho's *The Alchemist*
- George Mumford's *The Mindful Athlete*
- Jasmine Syedullah, Lama Rod Owens, and Rev.angel Kyodo Williams's *Radical Dharma*
- Rhonda Magee's *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*
- Angel Kyodo William's *Being Black: Zen and the Art of living with Fearlessness and Grace*

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### Mindfulness Practices and Recommendations:

The exercises we practiced are located below along with recommended time frames, places where you can find guided meditations and recommended lengths on your own:

- **Body Scan:**
  - Recommended before bed to help induce sleep or when your body is anxious and needs a rest
  - Recommended time on own: 5 – 30 minutes for sleep; 10 – 20 minutes for calming effect
  - Where can you find guided meditations on this?
    - Insight Timer (search **body scan** or **sleep** under **meditation** tab)
- **Guided Imagery:**
  - Recommended for calming and if you need help visualizing an outcome (winning a game, better shots, etc.)
  - Recommended time on own: 10 minutes for guided calming; 5 – 10 minutes for visualization
  - Where can you find guided meditations on this?
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Guided Imagery** – 10 minutes)
- **LovingKindness:**
  - Recommended for times when you are lacking self-love or feeling aggression towards others
  - Recommended time on own: 10 – 20 minutes
  - Where can you find this guided meditation?
    - Link to an online resource for a script and guided meditation:  
[https://ggia.berkeley.edu/practice/loving\\_kindness\\_meditation#](https://ggia.berkeley.edu/practice/loving_kindness_meditation#)
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Loving-Kindness** – 20 minutes)
- **Mindful Eating:**
  - Recommended for any time of the day when you are eating – lunch breaks, quick snacks, dinner, etc.
  - Recommended time on own: 1<sup>st</sup> bite – entire meal
  - Where can you find this guided meditation?
    - Link to an online resource for 1 minute guided meditation:  
<https://vimeo.com/253357182>
    - Insight Timer (search **eating** under **meditation** tab)
- **Walking Meditation**
  - Recommended for times when you would like to practice but want to be active; great for being in nature
  - Recommended time on own: 10 – 30 minutes
  - Where can you find this guided meditation?
    - Link to an online resource for a script and guided meditation:  
<https://www.mindful.org/daily-mindful-walking-practice/>

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- Koru Mindfulness App (Click **guided meditations** and scroll down to **Walking Meditation** – 10 minutes)

### Phoenix-Surrounding Area Institutions:

- [Center for Mindfulness, Compassion, & Resilience](#) - 455 N. 3<sup>rd</sup> Ave, Suite 340, Phoenix, AZ 85004
- [Desert Song Healing Center](#) - 3232 N 20th St, Phoenix, AZ 85016
- [A Mindfulness Life Center](#) - 10309 N. Scottsdale Rd, Scottsdale, AZ 85253
- [One Breath Meditation Studio](#) - 8360 E Via de Ventura, Ste L-240, Scottsdale, AZ 85258

### Mindfulness Studies:

- Alexander, V., Tatum, B. C., Auth, C., Takos, D., Whittemore, S., & Fidaleo, R. (2012, October). A study of mindfulness practices and cognitive therapy: Effects on depression and self-efficacy. *International Journal of Psychology and Counselling*, 4(9), 115-122. doi:10.5897/IJPC12.030
- Boecker, L., & Doughty Horn, E. A. (2016). Increasing Students' Empathy and Counseling Self-Efficacy Through a Mindfulness Experiential Small Group. *The Journal for Specialists in Group Work*, 41(4), 312-333. doi:http://dx.doi.org.ezproxy1.lib.asu.edu/10.1080/01933922.2016.1232322
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- Doucette, J. N. Cotton, A., Arnow, D., Pipe, T.; FitzPatrick, K. (2016, November). The mindful nurse leader: Key take-away: Go slow before you go fast. *Nursing Management*, 47(11), 44-48. doi: 10.1097/01.NUMA.0000502802.29800.61
- Hall, K. E. (2009). Anxiety and counseling self -efficacy among counseling students: The moderating role of mindfulness and alexithymia (Doctoral dissertation, The University of North Carolina at Greensboro, ProQuest Dissertations Publishing). Retrieved from ProQuest.
- Lawrence, M. D. (2002). An exploratory study of the relationship between burnout and caring efficacy in nurses working in an urban setting (Master's thesis). Retrieved from file:///C:/Users/vgueci/Downloads/Lawrence\_An\_exploratory.pdf
- Pipe, T. B., & Bortz, J. J. (2009). Mindful leadership as healing practice: Nurturing self to serve others. *International Journal for Human Caring*, 13(2), 34-38.
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