

MINDFULNESS RESOURCES



Mind Full, or Mindful?

PHSA Health Promotion is sharing mindfulness resources. Much of our stress and pain comes from being pulled away from the present moment. We are distracted with regrets about the past, worries about the future and judgments about the present.

Download here:



Mindfulness is all about encouraging awareness of oneself in the present moment, without judgment. Practicing mindfulness can help to improve our social and emotional well-being, and contribute to the ability to manage difficult or stressful situations

Mindfulness Videos

Watch these mindfulness videos to guide you through mindfulness practice. These short mindfulness practices can support you in becoming more present and reduce stress in your daily life. You can access all these videos on the [Health Promotion Video library](#)!

- [What is Mindfulness?](#)
- [3 Minute Responsive Breathing Space](#)
- [All It Takes Is 10 Mindful Minutes](#)
- [Mindfulness Body Scan](#)
- [Mindfulness Breath Awareness](#)
- [Mindfulness Self-Compassion Break](#)
- [The Mindful Check-In](#)

Try a Mindfulness Practice

Learn the [STOP Method](#) mindfulness practice with Dr. Dzung Vo, MD and Director of the [BC Children's Hospital Centre for Mindfulness](#).

Stop what you're doing
Take three breaths
Observe
Proceed

Guided Mindfulness Meditation

Listen to these recordings as often as you like and breathe, relax, and de-stress. One great idea is to book a room with your colleagues and team, and play a guided meditation. You can do this before a meeting or perhaps organize it as a weekly activity!

- [Breath, relaxation and de-stressing practice](#)
Listen to audio recordings from Simon Fraser University's Health & Counselling staffs, who share mindfulness practices and progressive muscle relaxation techniques. *Source:* Simon Fraser University

- [Guided meditation, mindfulness and relaxation](#)
Listen to this playlist of mindfulness meditation and relaxation audio on your mobile device or computer via soundcloud.com/phsabc to listen. *Source:* BC Cancer
- [Guided mindfulness meditations](#)
Access these free guided mindfulness meditation from the University of California, Los Angeles (UCLA). *Source:* UCLA Mindful Awareness Podcasts
- [Mindfulness Meditations](#)
Dr. Dzung from BC Children's Hospital has recorded mindfulness meditations that Dr. Dzung uses with his mindfulness groups. *Source:* Kely Mental Health Resource Centre
- [Self-Compassion Guided Meditations and Exercises](#)
Dr. Kristin Neff, shares practices and audio teaching self-compassion skills and incorporates mindfulness.

[Sign up](#) for free daily online meditation, led by senior mindful self-compassion teachers. The sessions take place daily at 5am, 7am, 4pm and 6pm Pacific Time.

Guided Mindfulness Practices (Text)

Download a written breathing exercise or body scan. Read it to yourself or someone in your life. These step by step guides help you lead mindfulness.

- [Lead a mindfulness body scan for yourself or others](#)
- [Self-guided mindful breathing exercise](#)

Mindfulness Apps

Apps are a great way to find peace and calmness when you're on the go. Find an app that works for you and keep it in your toolbox for the days you need it most. Consider starting a weekly mindfulness activity, and listen to a guided meditation with your team and colleagues!

- [Breathr](#)
- [Calm](#)
- [HEADSPACE Meditation App](#)
- [Breethe: Sleep & Meditation](#)
 - Access the discount code at: <https://breethe.com/unlock-full-access/phsa> (Up to five family members can share this)
- [Insight Timer](#)
- [Mindfulness Meditation – MentalWorkout](#)
- [MindShift – Anxiety App](#)
- [Stop, Breathe & Think](#)
- [The Mindfulness App](#)

Recommended Websites

- [BC Children's Hospital Centre for Mindfulness](#)
BC Children's Hospital Centre for Mindfulness supports mindfulness practice for health care professionals, youth, parents and caregivers. Access their site for resources, lists of upcoming events and blog posts from the Centre for Mindfulness.
- [Kelty Mental Health Resource Centre](#)
BC Children's Kelty Mental Health Resource centre provides resources on mental health and substance use, and peer support for children, youth and families across BC. Kelty Mental Health Resource Centre also has a wealth of information and resources regarding mindfulness.
- [HeretoHelpBC](#)
Access this set of wellness modules that include factors related to mental health and well-being, including a section on mindfulness.
- [HealthLinkBC – Mindfulness- Based Stress Reduction](#)
Follow the "related topics" links to discover additional ideas on how to use mindfulness-based stress reduction and relaxation techniques
- [Mindful Magazine](#)
Get started with mindfulness practice! Find information around effective techniques for mindful living.
- [Palouse Mindfulness](#)
Access this free online mindfulness-based stress reduction course. The 8 week course includes guided meditations, articles and videos on mindfulness.
- [The Center for Mindful Eating](#)
Access resources and online educational programs about how to apply mindful eating in your routine.

Mindful Parenting

Blogs:

- [Mindful, Healthy Mind, Healthy Life](#)
- [Mindful Parenting: How to Respond Instead of React](#)
- [The Mindful Parent: Experience the Joy of Connecting with our Children](#)
- [The 5 Main Tenets of Mindful Parenting](#)

Books:

- The Mindful Parent: <https://www.goodreads.com/book/show/24693918-the-mindful-parent>
- Mindful Parenting: <https://www.goodreads.com/book/show/17910356-mindful-parenting>

Local Organizations in B.C

- [BCALM \(British Columbia Association for Living Mindfully\)](#)
A Victoria-based non-profit that offers workshops, classes and retreats in meditation and mindfulness based stress reduction for children, youth and adults.
- [Crisis Intervention and Suicide Prevention Centre of BC](#)
The BC Crisis Centre has a directory of resources for those who would like to learn to use mindfulness to manage intense or difficult moments.
- [Mindfulness Based Stress Reduction BC](#)
Access mindfulness-practice teachers, classes, and retreats, located in BC.

PHSA Health Promotion supports the physical and mental health of all employees in any PHSA service or program. To learn more about the programs and services available to staff, [visit us on POD](#) or at [PHSA.ca](#). Questions? Email healthpromotion@phsa.ca.