



Mindfulness

“a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique”

Studies have shown that Mindfulness Based Interventions (MBI) reduce distress and improve wellbeing for health care practitioners, also that electronic delivery of MBI's are effective and accessible.

“it's not a temporary state of mind that is present during meditation and then vanishes for the rest of the day. Rather, mindfulness is a way of living in which – when we remember – we are able to step back and be in the present moment in any situation”

“Mindfulness doesn't eliminate stress or other difficulties; instead, by becoming aware of unpleasant thoughts and emotions that arise because of challenging situations, we have more choice in how to handle them in the moment – and a better chance of reacting calmly and empathetically when faced with stress or challenges”

(Taken from [headspace.com](https://www.headspace.com) [CLICK HERE](#) for full article)



***Be Mindful**

This is an online mindfulness course for better mental wellbeing. [CLICK HERE](#) for a free intro and to access the course

***Oxford Mindfulness Centre**

Considering the difficult times currently faced amid the Coronavirus pandemic, the OMC is offering a free weekly online mindfulness sessions, open to those who feel they would benefit. [CLICK HERE](#) to access the site and mindfulness sessions.

***TED Talks**

There are lots of TED talks that cover Mindfulness, from useful information, to 'How To's', to mindfulness playlists. [CLICK HERE](#) to view.

Mindfulness Apps

*Insite Timer

This free app has a library of over 25,000 guided meditations covering topics like stress, relationships, creativity and more. There are also free talks and podcasts with life advice and motivation as well as music tracks and sounds.

*Smiling Mind

This free app includes enough meditations to keep you engaged without overwhelming you with choice covering topics such as Mindful Foundations, Workplace Sessions, Sleep Sessions and more. Most sessions are 5 to 15 minutes.

*Stop, Breathe & Think

This app is also free, it asks you how you are in the morning and provides suggested mindful sessions and meditations based on your answers. This app also includes mindful walks and even acupuncture videos, lessons on breathing techniques, calming sounds and a timer.

*10% Happier

This app focuses on being "a relatable, no nonsense way to learn mindfulness for people. This app is led by Dan Harris who had a panic attack live on TV, an experience that eventually led him to pursue meditation.

*CLICK HERE to view more information and other Mindfulness Apps at mindful.org