

Resources

Guided Audios/Videos

- MD Anderson Cancer Center Youtube playlist for healthy living (<https://www.youtube.com/c/mdanderson/videos>)
- Fitness Blender, HASfit, and Alblanc Workout videos
 - <https://www.youtube.com/user/FitnessBlender>
 - <https://www.youtube.com/user/KozakSportsPerformance>
 - <https://www.youtube.com/channel/UCq7bR6RxqqOx8cpte1-0AVQ>
- KinoYoga (<https://www.youtube.com/user/KinoYoga>) and FightMaster Yoga (<https://www.youtube.com/user/lesleyfightmaster>)
- Example Podcast: <https://www.verywellmind.com/best-meditation-podcasts-4771686>
- Guided Free Online Audios:
 - UCLA Health Free Guided Meditations (https://www.uclahealth.org/marc/body.cfm?id=22&iurf_redirect=1)
 - UCSD Center for Mindfulness, Guided Meditations (<https://medschool.ucsd.edu/som/fmph/research/mindfulness/pages/default.aspx>)

Beginner Online Classes

- Palouse Mindfulness (<https://palousemindfulness.com/>)
- Mindful Schools (for Children) (<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>)
- Mindfulness Exercises (Free Online Mindfulness Courses) (<https://mindfulnessexercises.com/free-online-mindfulness-courses/>)

Resources (continued)

Websites

- Lifehack for hobbies to try for relaxation (<https://www.lifehack.org/articles/lifestyle/6-productive-hobbies-that-will-help-you-release-stress-and-relax.html>)
- My Modern Met 60+ Painting Ideas (<https://mymodernmet.com/easy-painting-ideas/>)
- The Free Mindfulness Project (<http://www.freemindfulness.org/download>)

Books/E-Books/Work Books/PDFs

- The Portion Plan
- Mindfulness Exercises: <https://mindfulnessexercises.com/free-mindfulness-e-books/>
- Alphabreathes: ABCs for mindful Breathing (For Children): <https://www.alphabreaths.com/>
- The Cognitive Mindfulness Workbook (PDF): <https://static1.squarespace.com/static/506c668be4b01d9450dce2b6/t/558af1c7e4b081d1c28ce587/1435169223684/Cognitive+Mindfulness+Workbook.pdf>

Phone Applications (Apps):

Calm | Headspace | Health, Pacer Pedometer, or Google Fit to track steps | Buddhify 2 | Aura | Insight Timer | Meditations for Fidgety Skeptics (By Dan Harris) | 10% Happier

Mindfulness

What is Mindfulness?

- The quality or state of being **conscious** or **aware** of something
- Mindfulness means maintaining a moment-by-moment awareness of our **thoughts, feelings, and surrounding environment**, through a **gentle, nurturing** lens.
- The goal of mindfulness is to **reduce stress** by directing attention away from negative and random thoughts and instead focusing on what you are experiencing **in the moment**.



Benefits of Mindfulness:

- Aids in **reducing chronic pain**
- Improves physical well-being including **reduction of heart disease** and **lowering blood pressure**
- Increases ability to **control emotions**, decreases stress, anxiety and depression.
- Helps **boost self-esteem** and create deep emotional connections with others
- Helps **lessen anger** and reduce conflicting problems
- Leads to **better sleeping habits** as mindfulness works to quiet an overactive mind
- Helps you be a **better listener** because you become more observant and learn how to express your observations.
- Ultimately, working towards mindfulness can lead to an overall **happier** and **healthier** way of living

Activities

Yoga and exercise: meditating, stretches, running/jogging/walking outdoors, exercise videos, dancing

Creative activities: painting, drawing, coloring, gardening, aromatherapy (essential oils, plants, candles, diffusers, and incense can be used as sensory therapy to promote well-being)



aloyoga

10 YOGA POSES FOR BEGINNERS



Mindful Eating

- Portion control:
 - Use your plate as a portion guide (**MyPlate**)
 - Use your hands as a serving guide
 - Drink a glass of water **before** a meal
 - Ingest your food **slowly**
 - Serve the food on **individual plates**
- Things that encompass mindful eating:
 - Considering the source
 - Not rushing
 - Drinking water
 - Questioning what you eat
 - Sitting at a table
 - Avoiding distractions
 - Enjoying what you eat
- Mindful eating activity example: Choose a food item, then observe it carefully and closely, examining the **shape, color, texture**, then slowly touch, smell, and taste
- Things to think about:
 - Apply pressure and **notice** whether or not the food is hard
 - Notice any aroma or smells and any **affect** this has on your mouth or stomach
 - As you bring it to your mouth, notice your salivation and anticipation to eat
 - Notice **what happens** the second you start to chew
 - Notice how the texture and taste and how they may be **changing** as you chew
 - Notice how **your whole body feels** as you swallow and complete the exercise