

## Mindfulness Resources Online

*To Our Patrons:* It is with a good deal of sadness and regret that we were forced to cancel our Mindfulness Series (along with all other library programs) that was to have taken place during the month of April at the Deerfield, Sunderland, and Whately libraries. If there were ever a time for Mindfulness practice, especially as it relates to stress- and anxiety-reduction, that time is *now!*

We are in the process of exploring how some of the programs we had planned could be offered online via video-conferencing software. Until then, we are offering the following list of online Mindfulness resources for adults, teens, and children. These include guided meditations, articles, suggestions of activities, and lists of other resources. We hope that these resources will be of use to you during these challenging times to help keep you centered, focused, aware, and in control of how you respond to the present crisis.

### **For Adults:**

If you are new to Mindfulness or meditation practices in general, here is a good place to start:

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

[Jon Kabat-Zinn](#) is the creator of Mindfulness-Based Stress Reduction (MBSR). While MBSR is based in Buddhist meditation practices, Kabat-Zinn places less emphasis on the spiritual dimensions and a greater emphasis on how these practices can reduce and control stress and anxiety. These three resources explore MBSR.

<https://www.youtube.com/watch?v=7kblkJmriM>

<https://positivepsychology.com/mindfulness-based-stress-reduction-mbsr/>

<https://www.youtube.com/watch?v=4B2Dx895UAc>

This short (7 minute) video from UMass Medical School's [Center for Mindfulness](#) gives a good introduction to MBSR theory and practice:

<https://www.youtube.com/watch?v=3lAlwm6gros>

And here are three more videos on guided MBSR meditation practice:

<https://www.youtube.com/watch?v=JOzsMntyE6k>

<https://www.youtube.com/watch?v=9SwnJ6kqpa0>

<https://www.youtube.com/watch?v=qUZ0rcnDTKo>

[Tara Brach](#) is an internationally known teacher of mindfulness, meditation, and emotional healing. She is the author of *Radical Acceptance*, *True Refuge*, and *Radical Compassion*. The following website and videos provide a view of her four-stage RAIN (Recognize, Allow, Investigate, Nurture) meditation and Mindfulness practice.

<https://www.tarabrach.com>

<https://www.youtube.com/watch?v=y3TrGysWETw>

<https://www.youtube.com/watch?v=XZPgWSyYOIY>

The following video specifically addresses the COVID-19 pandemic:

<https://www.youtube.com/watch?v=PcZwg10WYx0>

[Daniel J. Siegel](#), MD, is an internationally known clinical professor of psychiatry and a co-founding director of the [Mindful Awareness Research Center](#) at UCLA. He has published extensively on Mindfulness, both from a practical and clinical perspective. He has also published five books on parenting from a Mindfulness approach. Here is a list of resources he recommends:

<https://www.drdansiegel.com/resources/>

[Thich Nhat Hanh](#) is an internationally known Buddhist scholar and monk. He was one of the first exponents to bring Mindfulness to a western audience. These meditations emphasize the spiritual as well as the interpersonal dimensions of Mindfulness.

<https://www.youtube.com/watch?v=BzA6Hu840to>

<https://www.youtube.com/watch?v=b5gMJ1BovQ0>

<https://www.youtube.com/watch?v=sb8DAYK81Oo>

This website describes a local (Northampton) organization dedicated to the study and practice of Mindfulness. They offer various programs, courses, and list other resources.

<https://valleymindfulness.com/>

## **For teens:**

The following websites discuss Mindfulness-based stress- and anxiety-reduction as it relates to teenagers. Many of them offer activities and exercises to help reduce the types of stresses and worries that teens typically feel.

<https://www.stressedteens.com/stressed-teens>

<http://mindfulnessforteens.com/resources/resources-for-mindfulness/>

<https://mindbe-education.com/30-mindfulness-activities-teens/>

<https://shifts.coach/mindfulness/activities-for-teens/>

<https://drpeggydelong.com/mindfulness-exercises-for-teens-and-tweens-and-adults-too/>

<https://mindfulness4u.org/mindfulness-in-pregnancy-and-childbirth/mindfulness-for-teenagers-and-adolescents/>

<http://theanxietylad.com/27-mindfulness-exercises/>

The following interview with Gina M. Biegel discusses many of the ideas contained in her book, *The Stress Reduction Workbook for Teens*:

<https://www.mentalhelp.net/blogs/mindfulness-for-stressed-teens-an-expert-interview-with-gina-biegel-ma-lmft/>

## **For children:**

Mindfulness is an approach that is increasingly being used with children, both inside the classroom and out. The following resources discuss its benefits, suggest various activities appropriate for this age group, and also mention certain critical perspectives.

<https://positivepsychology.com/mindfulness-for-kids/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://childmind.org/article/the-power-of-mindfulness/>

<https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.nytimes.com/guides/well/mindfulness-for-children>

<https://www.vox.com/science-and-health/2017/5/22/13768406/mindfulness-meditation-good-for-kids-evidence>