

## Resources At The Beginning Stages

- **VIDEO:** It is good to understand stress and the effect of stress on our bodies. Robert Sapolsky has a YouTube video that explains it well (search “Robert Sapolsky: The Psychology of Stress”).
- **BOOK:** For a lighthearted introduction to mindfulness meditation: Dan Harris wrote *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge and Found Self-Help that Actually Works – A True Story* in 2014.
- **VIDEO:** *Healing the Mind- Healing from Within* with Bill Moyers (<https://vimeo.com/39767361>) - from 1993, featuring Jon Kabat-Zinn
- **LISTSERV AND WEBSITE:** Mindfulness in Education Network (MiEN) – [mindfuled.org](http://mindfuled.org) – go to “Contact” tab and subscribe to the listserv (Conference March 16-18 in D.C.)
- **PODCASTS AND OTHER RESOURCES:** NASP (National Association of School Psychologists) – search “mindfulness” in the search field and several resources will be presented
- **WEBSITE:** There are several good articles on the website of Greater Good: The Science of a Meaningful Life ([www.greatergood.com](http://www.greatergood.com))
- **BOOK:** *Real World Mindfulness for Beginners: Navigate Daily Living One Practice at a Time* by Brenda Salgado
- **VIDEO:** For non-meditative look at mindfulness, Ellen Langer, Ph.D. has done tremendous work in the field. Her website is [ellenlanger.com](http://ellenlanger.com) and she has a Ted Talk called “Mindfulness over matter.”
- **BOOK:** *Five Good Minutes* by Jeffrey Brantley, MD and Wendy Millstine (and other books by Jeffrey Brantley, MD)
- **BOOK:** *The Miracle of Mindfulness* by Thich Nhat Hanh (and other books by Thich Nhat Hanh but this is a good one to start with)
- **BOOKS:** Really any book by Jon Kabat-Zinn will be a nice introduction to mindfulness. Some specific titles to look for are:
  - *Wherever You Go, There You Are*
  - *Full Catastrophe Living*
  - *Mindfulness for Beginners: Reclaiming the present moment and your life*
  - *Coming to Your Senses*
- **WEBSITE:** [Mindful.org](http://Mindful.org) – the website associated with the magazine, *Mindful*
- **BOOK:** *The Mindful Brain* by Daniel Siegel, MD – anything by Dan Siegel is informative about how our minds work and his work on interpersonal neurobiology
- **WEBSITE AND VIDEOS:** [thebreathproject.org](http://thebreathproject.org) – created by Phil Blustein, MD, several good videos explaining mindfulness and effects of stress
- **ARTICLE:** How Social Emotional Learning (SEL) and Mindfulness can work together: [https://greatergood.berkeley.edu/article/item/how\\_social\\_emotional\\_learning\\_and\\_mindfulness\\_can\\_work\\_together](https://greatergood.berkeley.edu/article/item/how_social_emotional_learning_and_mindfulness_can_work_together)

- **ARTICLE:** <https://www.mindful.org/4-signs-poorly-designed-school-mindfulness-programs/>
- **COURSES:**
  - Mindfulness-Based Stress Reduction (MBSR) – this is the most well-known course, developed by Jon Kabat-Zinn at the University of Massachusetts. Duke University (Center for Mindful Living) and UNC (Program on Integrative Medicine) both offer this course
  - Center for Mindfulness at University of Massachusetts (umassmed.edu) has some online courses
  - Koru Mindfulness (korumindfulness.org) – aimed at young adults in college but has been accepted for use in other groups
  - Mindful Schools (mindfulschools.org) has several levels of courses specific to educators that provide good introductions to a mindfulness practice. Search under the “Resources” tab and go to the “Certified Instructor Directory.” You will find a handful of instructors in North Carolina who are implementing or who have helped with the implementation of the Mindful Schools curriculum in schools.