
MINDFULNESS

RESOURCE CHEAT SHEET



What is mindfulness?

- [What Is Mindfulness?](#) Mindful
- [What Is Mindfulness?](#) Headspace
- [Mindfulness Exercises: See How Mindfulness Helps You Live In The Moment](#), Mayo Clinic
- [What Is Mindfulness? Definition + Benefits \(Incl. Psychology\)](#), Positive Psychology
- [With Mindfulness, Life's In The Moment](#), Harvard News
- [What Is Mindfulness?](#) University of Minnesota

Mindfulness in Times of Chaos

- [Early Exposure To Environmental Chaos And Children's Physical And Mental Health](#), Early Child Res Q (available through HHS Public Access)
- [Family Conflict, Chaos, And Negative Life Events Predict Cortisol Activity In Low-Income Children](#), Dev Psychobiol (available through HHS Public Access)
- [Feel Good During Chaotic Times With This Valuable Tool](#), Laurie Warren
- [Why Is Stress Different For Everyone?](#) Yale School of Medicine
- [Staying Mindful In The Midst Of Chaos](#), Huff Post
- [101 Tips For Finding Calm In The Chaos \[Ultimate Guide\]](#), Laurel Vespi
- [Finding Calm In the Chaos: How To Meditate When You Don't Have Time](#), Prevention

Mindfulness and the Body

- [Zen Meditation, Length Of Telomeres, And The Role Of Experiential Avoidance And Compassion](#), Mindfulness (available through Springer Link)
- [Meditation Or Exercise For Preventing Acute Respiratory Infection: A Randomized Controlled Trial](#), Annals of Family Medicine (available through the National Library of Medicine)
- [Web-Based Mindfulness Intervention In Heart Disease: A Randomized Controlled Trial](#), PLoS One (available through the National Library of Medicine)
- [Stress Management: Doing Progressive Muscle Relaxation](#), Univeristy of Michigan Medicine
- [The 7 Qualities Of Mindfulness Trained In The Body Scan](#), Mindful
- [Body Scan Meditation](#), Help Guide

Mindfulness and the Mind

- [Mindfulness Practice Leads To increases In Regional Brain Gray Matter Density](#), Psychiatry Research: Neuroimaging (available through Science Direct)
- [Your Autopilot Mode Is Real – Now We Know How The Brain Does It](#), New Scientist
- [Four Ways To Calm Your Mind In Stressful Times](#), Mindful
- [How To Use Mindfulness In Times Of Crisis And Challenge](#), Melli Obrien
- [When Science Meets Mindfulness: Researchers Study How It Seems To Change The Brain In Depressed Patients](#), Harvard News
- [How Does Mindfulness Affect The Brain?](#) Bupa Occupation Health
- [Mindfulness And The Brain: What Does Research And Neuroscience Say?](#) Positive Psychology
- [5 Ways Mindfulness Practice Positively Changes Your Brain](#), Psychology Today
- [Our Strategies For Creating A Mindful Morning Routine](#), The Good Trade

Mindfulness and the Spirit

- [Mindfulness, Compassion, And Self-Compassion Among Health Care Professionals: What's New? A Systematic Review](#), University of Pisa (available through Frontiers in Psychology)
- [Mindfulness And Life Satisfaction](#), Encyclopedia of Quality of Life and Well-Being Research (available through Springer Link)
- [The Role Of Mindfulness In The Relationship Between Life Satisfaction And Spiritual Wellbeing Amongst The Elderly](#), Social Work (available through SciELO)
- [How Mindfulness Impacts Well-Being](#), Mindful
- [Know Thyself: How Mindfulness Can Improve Self-Knowledge](#), Association for Psychological Science
- [Daily Affirmations For Positive Thinking](#), Jack Canfield

Mindfulness as a Growth Opportunity

- [Mindfulness: The Art Of Cultivating Resilience](#), Psych Central
- [Finding Opportunities For Insight And Growth During Isolation](#), Mindful
- [Building Your Resilience](#), American Psychological Association
- [What Is Resilience And Why Is It Important To Bounce Back](#), Positive Psychology
- [How People Learn To Increase Their Resilience](#), Mindful
- [Building Resilience With Mindfulness](#), Mind Life Project
- [Develop A Growth Mindset With Mindfulness Practices](#), Mindful Schools
- [Growth Mindset, Mindfulness, and Self-Love](#), Medium

Mindfulness in Meditation

- [5 Differences Between Mindfulness And Meditation](#), Positive Psychology
- [Mindfulness Vs. Meditation: The Difference Between These Two Pathways To Well-Being And Peace Of Mind](#), Medical Daily
- [Are Mindfulness And Meditation The Same?](#) Yoga International
- [What Is Mindfulness Meditation?](#) Very Well Mind
- [Five Ways Mindfulness Meditation Is Good For Your Health](#), Greater Good Magazine
- [Meditation Training Increases The Ability To Perceive the Self In A More Healthy, Present-Moment Way](#), PsyPost
- [Guided Meditations](#), UCLA Health

Holistic Mindfulness

- [A Holistic Mindfulness](#), Mindfulness (available through Springer Link)
- [Is Your Mind Separate From Your Body? How Mind-Body Beliefs Shape Your Choices And Influence Your Health](#), Psychology Today
- [The Benefits of Yoga: Transform Your Mind, Body And Spirit](#), Mother Earth Living
- [How Does Yoga Work?](#) Medical News Today
- [Yoga For Everyone](#), The New York Times
- [What Is Mindful Yoga? 4 Poses + Yoga Retreats](#), Positive Psychology
- [Using Yoga To Stretch The Mind](#), Mindful
- [The Importance Of Breathing In Yoga](#), Yoga Bhoga
- [Breathe Easy: Relax With Pranayama](#), Yoga Journal
 - [Yoga With Adriene](#), YouTube (free guided yoga practices suitable for beginners and experienced yogis alike)