

Maintaining Your Mindfulness Meditation Practice

Learning how to use mindfulness meditation to reduce stress and enhance your mood and quality of life may be an important part of your own self-care. Here are some resources that are available to help you whether you are just beginning or continuing your practice:

- 1) Mindfulness Meditation Group and Drop-in Meditation at SDC Psychological Services
 - a. Check when group is running by calling 519-661-3031 or visit SDC website <https://studentservices.uwo.ca/secure/workshops/psychGroups.cfm>
- 2) Private Practitioners offering Mindfulness Clinics in London
- 3) Campus Recreation Services: Mind-Body Fitness courses uwo.ca/campusrec
- 4) Yoga Directory Canada lists of local yoga studios: yogadirectorycanada.com
- 5) Meditation Retreat Centres
- 6) Readings:
 - a. Jon Kabat-Zinn: *Full Catastrophe Living* umassmed.edu/cfm/stress/index.aspx
 - b. Thich Nhat Hanh (Buddhist) www.plumvillage.org
 - c. Christopher Germer: *The Mindful Path of Self-Compassion* (2009)
 - d. Andrew Weiss: *Beginning Mindfulness: Learning the Way of Awareness* (2004)
 - e. Mark Williams & Danny Penman: *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* (2011)
 - f. Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn: *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (2007)
- 7) Other Websites with Information and Audio Downloads:
 - a. mindfulness.org.au
 - b. counseling.iastate.edu/relaxation-and-self-help-exercises/mind-body-spa
 - c. sfu.ca/students/health/resources/media/your-health--audio-video.html
 - d. meditationoasis.com
 - e. www.kspope.com/memory/mindful.php
 - f. Check out Apple's App Store/Google Play for 'Mindfulness' apps (e.g., Stop, Breathe & Think)