Mindfulness Resources

Niagara North Family Health Team

Apps

- Headspace
- Calm
- Buddhify
- Insight Timer
- Balance: Meditation & Sleep

Websites

- mindvalley.com
- onecommune.com
- mindful.org
- oxfordmindfulness.org
- mindfulnessexercises.com
- soundstrue.com

Podcasts

- Jack Kornfield - Heart Wisdom
- Ram Dass - Here Now
- Sharon Salzberg - Metta Hour
- Ten Percent Happier with Dan Harris
- Tara Brach Podcast
- Untangle
- Mindfulness for Beginners

Books

- The Power of Now by Eckhart Tolle
- The Untethered Soul by Michael A. Singer
- Wherever You Go, There You Are by Jon Kabat-Zinn
- The Miracle of Mindfulness by Thich Nhat Hanh

Movies

- The Mind, Explained
- Heal Documentary
- Brene Brown: The Call to Courage
- Ram Dass: Going Home

Mindfulness Resources

Niagara North Family Health Team

Local Classes

- Family Support Network of Niagara (online classes on Mondays and Thursdays)
- Meditation in Niagara (in-person classes Mondays, Tuesdays and Thursdays)
- Shawna Thibodeau - Meditation Teacher and Coach (retreats and online courses)

Social Media

- @mindfulness.exercises
- @yung_pueblo
- @sharonsalzberg
- @byron.katie
- @eckharttolle
- @jon.kabat.zinn

TIPS:

- Start Small - start with just a few mindful minutes per day
- Set Realistic Goals - considering your own experience, schedule and ability
- Be Gentle With Yourself - this is a PRACTICE, it will be challenging but try to stay consistent!

REMEMBER:

Attention

Bringing awareness to the present moment, the NOW.

Curiousity

Practicing non-judgement and increasing self-awareness.

Acceptance

Embracing the present moment and not trying to change it.