

Mindfulness Resources

Provided by the EMPACT-SPC Crisis Counseling Program (CCP), a Resilient Arizona Provider

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Thanks for being a part of the EMPACT-SPC's Crisis Counseling Program (CCP). Below are several resources to help you along your mindfulness journey.

Apps

- Calm
- Headspace
- Insight Timer
- Netflix: Headspace Guide to Meditation
- Smiling Mind
- Stop, Breathe, and Think
- 10% Happier
- UCLA Mindful

Meditation/Mindfulness Teachers to Follow

- **Tara Brach:** <https://www.tarabrach.com>
- **Jon Kabat-Zinn:** creator of Mindfulness-Based Stress Reduction (MBSR)
- **Will Kabat-Zinn:** <https://www.youtube.com/channel/UCydTnAAUZ83KpzA92Bla7SA>
- **Kristen Neff:** <https://self-compassion.org/>
- **Thich Nhat Hanh:** <https://plumvillage.org/>

Websites

- **Greater Good in Action:** <https://ggia.berkeley.edu>
- **Mindful:** <https://www.mindful.org>
- **Inner Health Studio:** <https://www.innerhealthstudio.com>

The Hospice of the Valley is holding **free mindfulness groups** to the public.
Find out more at <https://www.hov.org/our-care/mindfulness/>

Learn more about EMPACT-SPC at <http://lafrontera-empact.org>



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8 Mindfulness Principles

1. Non-Judging

Article: Non-Judgement: What is it? And Why Does it Matter? (4 Benefits)

<https://mindfulambition.net/non-judgment/>

2. Patience

Article: 9 Principles of Practicing Mindfulness

<https://centerstone.org/our-resources/health-wellness/9-principles-of-practicing-patience/>

3. Beginner's Mind

Article: Foundations of Mindfulness: Beginner's Mind

<https://choosemuse.com/blog/foundations-of-mindfulness-beginners-mind/>

4. Trust

Article: 6 Ways to Build Your Self-Confidence

<https://www.verywellmind.com/how-to-boost-your-self-confidence-4163098>

5. Non-Striving

Article: Non-Striving

<http://tobyouvry.com/2014/06/non-striving/>

6. Acceptance

Article: Definition of Self Compassion

<https://self-compassion.org/the-three-elements-of-self-compassion-2/>

Article: Self-Compassion: Tips for Practice

<https://self-compassion.org/tips-for-practice/>

7. Letting Go

Article: One Mindfulness Practice You Can Try Today: Let It Go!

<https://www.mindful.org/one-mindfulness-practice-you-can-try-today-let-it-go/>

8. Gratitude and Generosity

Article: Powerful G-Forces: Gratitude and Generosity

<https://mindfulness-alliance.org/2018/09/23/powerful-g-forces-gratitude-and-generosity/>

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Grounding Activities You Can Use (*Scripts/Audios/Videos*)

- **A Simple Breathing Meditation for Beginners:**
 - <https://www.mindful.org/meditation/mindfulness-getting-started/>
- **5 Minute Mindful Breathing:**
 - https://ggia.berkeley.edu/practice/mindful_breathing
- **54321:**
 - <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
- **Grounding Technique:**
 - <https://insighttimer.com/blog/54321-grounding-technique/>
- **Body Scan Meditation:**
 - https://ggia.berkeley.edu/practice/body_scan_meditation
- **Supportive Touch:**
 - <https://self-compassion.org/exercise-4-supportive-touch/>
- **Steps for Letting Go:**
 - https://www.cci.health.wa.gov.au/~/_/media/CCI/Mental-Health-Professionals/Generalised-Anxiety/Generalised-Anxiety---Information-Sheets/Generalised-Anxiety-Information-Sheet--03---Mindfulness-and-Letting-go.pdf
- **Gratitude Meditation:**
 - <https://www.changetochill.org/wp-content/uploads/2018/08/Gratitude-Meditation-Script-1.pdf>

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Movement Activities You Can Use (*Scripts/Audios/Videos*)

- **Stretch and Relax:**
 - <https://www.innerhealthstudio.com/stretch-and-relax.html>
- **Stretching Exercises:**
 - <https://www.silversneakers.com/blog/relieve-muscle-tension-with-5-simple-stretches/>
- **Calm Stretching Relaxation:**
 - <https://www.innerhealthstudio.com/calm-stretching-relaxation.html>
- **Progressive Muscle Relaxation:**
 - <https://www.innerhealthstudio.com/progressive-muscle-relaxation.html>
- **Mindful Stretching:**
 - https://www.youtube.com/watch?v=19FWt_iEFho
- **Stretching (scripts)**
 - <https://www.seniorlifestyle.com/resources/blog/infographic-top-10-chair-yoga-positions-for-seniors/>
- **Hang Like a Rag Doll:**
 - https://ggie.berkeley.edu/wp-content/uploads/2020/04/GGIE_Mindful_Movement_for_Teens.pdf
- **Yoga at Your Desk video:**
 - <https://www.youtube.com/watch?v=tAUf7aajBWE>
- **Tai Chi Opening Movement, Feeling the Flow:**
 - <https://youtu.be/2IOAYCwmhE8>
- **How to START Learning Tai Chi:**
 - <https://www.youtube.com/watch?v=3Y1QvkV3IJE>

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Visualization Activities You Can Use (*Scripts/Audios/Videos*)

- **Peaceful Waves:**
 - <https://www.innerhealthstudio.com/peaceful-waves.html>
- **Peaceful Meadow Visualization:**
 - http://tarahollowayclasspage.weebly.com/uploads/2/2/9/0/22904178/grounding_exercises.pdf
- **Forest Visualization:**
 - http://tarahollowayclasspage.weebly.com/uploads/2/2/9/0/22904178/grounding_exercises.pdf
- **Private Garden:**
 - [https://www.mirecc.va.gov/cih-visn2/Documents/Patient Education Handouts/Visualization Guided Imagery 2013.pdf](https://www.mirecc.va.gov/cih-visn2/Documents/Patient%20Education%20Handouts/Visualization%20Guided%20Imagery%202013.pdf)
- **Candle Visualization:**
 - <https://www.innerhealthstudio.com/candle-visualization-relaxation.html>
- **Loving Kindness:**
 - https://ggia.berkeley.edu/practice/loving_kindness_meditation
- **Letting Go Visualization:**
 - <https://groundedinstillness.com/2019/02/18/podcast-script-mindful-meditation-letting-go/>
- **Gratitude Meditation:**
 - https://ggia.berkeley.edu/practice/gratitude_meditation
- **Guided Meditation for Trust:**
 - <https://www.yourbodythetemple.com/floating-in-the-ocean-a-guided-meditation-for-trust/>

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Tip Videos

These videos were created by EMPACT-SPC CCP staff to help you on your resilience journey. You can click on the titles/links for each video or go directly to our Facebook Page to see all our videos at <https://www.facebook.com/profile.php?id=100063716676274&sk=videos>. We are listed on Facebook as LaFrontera Empact – Suicide Prevention Center.

- [Breathing to Reduce Stress](#)
- [Body Scanning to Reduce Stress](#)
- [Progressive Muscle Relaxation](#)
- [Using Mindfulness for Relaxation](#)
- [Stretching and Movement](#)
- [Positive Self-Talk](#)
- [4 Tips for Dealing with Grief](#)
- [8 Principles of Mindfulness](#)
- [Grounding Skills to Reduce Anxiety](#)
- [Focusing on What You Can Control](#)
- [Permission to Grieve](#)
- [Guided Visualization](#)
- [Tips for Restful Sleep](#)
- [Using Self-Compassion in Grief](#)
- [Loving Kindness Meditation](#)
- [Affirmations](#)
- [Gratitude Meditation](#)
- [Tips to Survive the Holidays](#)
- [Grieving During the Holidays](#)
- [Tips for Self Care](#)
- [Self-Guided Mindfulness](#) (mini version of our 1 hour workshop)
- [Tips to Handle Pandemic Stress](#) (mini version of our 1 hour workshop)
- [Tips for Surviving Grief](#) (mini version of our 1 hour workshop)
- [CCP Goodbye and Thank you Video](#)

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