

Pathfinder Series: Mindfulness

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses / Elana Rosenbaum

Call number: 5.5.7 2012

- includes a downloadable companion 60-minute audio program with seven simple mindfulness practices.

Dancing With Cancer: Using Transformational Art, Meditation and a Joyous Mindset to Face the Challenge

Call number: 3.15.6 2018

- focuses on creating a positive and proactive mindset to face different challenges and stages of cancer
- offers guided meditations, journaling tips, personal insights from the authors own experiences, and more.

Live Calm with Cancer (and Beyond...): A Patient & Caregiver Guide to Finding More Ease Through the Power of Mindfulness / Tamara Green

Call number: 5.5.2 2017

- stage IV cancer survivor David Dachinger and his wife, Tamara Green, talk straight about their cancer journey and how you, too, can navigate the choppy waters of diagnosis, treatment, and survivorship.

Mindfulness: A Kindly Approach to Being with Cancer / Trish Bartley

Call number: 5.5.11 2017

- offers people with cancer a means to bring mindfulness and kindness into their lives, to help them cope with the challenge of a life-threatening illness.

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life / Linda E. Carlson

Call number: 5.8.18 2010

- an eight-week program for coping with the symptoms of chemotherapy, radiation, and other cancer treatments by reducing stress and anxiety through meditation, mindfulness, and gentle yoga.

You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being / Vidyamala Burch and Danny Penman

Call number: 5.5.10 2013

- simple set of mindfulness-based practices that you can incorporate into daily life to relieve chronic pain and the suffering and stress of illness.

Websites

American Cancer Society – Practice Mindfulness and Relaxation

<https://www.cancer.org/cancer/survivorship/coping/practice-mindfulness-and-relaxation.html>

- benefits of mindfulness, strategies, videos about focused breathing and muscle relaxation, and more.



Anxiety Canada – MindShift CBT App

<https://www.anxietycanada.com/resources/mindshift-cbt/>

- free evidence based app that offers guided meditations, different areas of focus, thought journaling, and other CBT-based tools.



Canadian Cancer Society – Coping with Anxiety and Stress

<https://cancer.ca/en/living-with-cancer/coping-with-changes/your-emotions-and-cancer/coping-with-anxiety-and-stress>

- benefits of meditation and links to YouTube list of guided meditations.
- focuses on other mind-body practices such as yoga, tai chi, walking and more.



Cancer Care – Meditation Exercises

<https://www.cancercare.org/meditation-exercises>

- short exercises to help reduce stress and anxiety caused by cancer including introduction to mindfulness, mindfulness and walking, the importance of breath, progressive muscle relaxation, and more.



Cancer Research UK – Meditation and Cancer

<https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/individual-therapies/meditation>

- different types of meditation, research into meditation in cancer care, possible side effects, and more.



Memorial Sloan Kettering Cancer Centre – Meditations

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/multimedia/meditations>

- meditation and relaxation library offers different cancer focused meditations on topics such as radiation, chemotherapy, pain management, anxiety, sleep, and more.

