

## Pathfinder Series: Mindfulness

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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.

***Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*** / Jon Kabat-Zinn

Call number: 5.8.2 2013

- based on the author's renowned mindfulness-based stress reduction program.
- use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

***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 and his wife talk straight about their cancer journey and how you can navigate 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

- eight-week program for coping with the symptoms of chemotherapy, radiation, and other treatments by reducing stress and anxiety through meditation, mindfulness, and 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 & App

### **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.



### **App for iOS and Android - UCLA Mindful**

<https://www.uclahealth.org/ulcamindful/ucla-mindful-app>

- basic meditations for getting started, in 19 different languages.
- wellness meditations for people with challenging health conditions.



### **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.



### **Center for Mindful Self-Compassion – Free Meditation & Practices**

<https://centerformsc.org/pages/meditations-and-practices>

- free online meditations and exercises including Self-Compassion Break, Affectionate Breathing, and Loving Kindness for a Loved One.



### **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.



### **Mindfulness-Based Cancer Recovery**

<https://www.mindfulcancerrecovery.com/>

- videos titled “Talks: For Patients” include “Mindfulness and Cancer: What it is and how can it help me?”



### **Yoga with Adriene**

<https://yogawithadriene.com/free-yoga-videos/>

- a library of over 500 free yoga videos

