

MINDFULNESS RESOURCES

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Apps

Some apps offer free versions and some charge fees. Be sure to check if there is a cost before downloading.

Some apps offering mindfulness exercises are:

- CancerCare
- Calm
- Headspace: Meditation

Groups and classes

Some communities have therapists leading Mindfulness-Based Stress Reduction (MBSR) groups or classes on mindfulness. If you need help finding these ask your healthcare team if they know of any groups in your area.

Or search online at:

- psychologytoday.com
- goodtherapy.org

Books

There are many books about mindfulness. Some are:

- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zinn
- *Mindfulness-Based Cancer Recovery* by Linda E. Carlson and Michael Speca
- *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life* (Book & CD) by Jon Kabat-Zinn