

Finished a mindfulness course? Where to from here:

Booster sessions, more courses and weekend retreats will be advertised through our website www.mindfulnessaus.com.au, facebook page Mindfulness Programs Australasia or you can email us admin@mindfulnessaus.com.au or phone 0488 064 228.

Some excellent books include:

Full Catastrophe Living by Jon Kabat-Zinn. This is the book by the founder of the MBSR program which describes the MBSR program, the philosophy behind it and how to work through the program in your own time.

The Mindful Way through Depression by Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn. The MBSR program was adapted slightly by some psychologists particularly for people who have relapsing Depression, and called Mindfulness Based Cognitive Therapy. This is the companion book for that program. Has a meditation CD attached.

Mindfulness: a practical guide to finding peace in a frantic world by Mark Williams and Danny Penman. A book like the one above which people can work through week by week by themselves. A focus more on anxiety than depression. Has a meditation CD attached.

A mindfulness based stress reduction workbook by Bob Stahl and Elisha Goldstein. This is written by people who have worked alongside Jon Kabat-Zinn in teaching his MBSR program for a long time. A good companion for the MBSR program. Has a meditation CD attached.

Mindsight by Daniel Siegel. This is a book about how to better understand your brain and how your thoughts, feelings and actions are influenced by and in turn influence our brain and learn to shape it, often using mindfulness.

Sane New World by Ruby Wax. This is an entertaining book by comedian Ruby Wax which teaches about the brain and mindfulness using her own personal struggles with anxiety and depression to illustrate points.

Some good websites include:

<https://www.mindful.org> which has a free regular newsletter you can subscribe to which outlines some recent research in the area of mindfulness, has short articles and also practices.

www.rickhanson.net is a website where you can subscribe to a free newsletter with lots of information about the science behind shaping our brains to create happiness and wellbeing. Also has lots of simple and quick exercises that can be implemented into busy lives to achieve the above. Rick Hanson has also written some good books, info on this website.

www.openground.com.au for further courses and links to meditation retreats on the mainland as well as information on the pathway to become an MBSR/MBCT facilitator.

Apps

There are many apps that are useful to assist with continuing your practice and new ones are coming on the market all of the time, although not all of them are actually mindfulness. *Smiling Mind* is a very good Australian made app. *Headspace* is very popular. There are also apps which have bells or chimes which you can set randomly or at scheduled times or intervals to remind you to practice or take a breathing space. *ACTCompanion* costs but includes mindfulness meditations (in an Australian accent) and also includes information regarding values. Download tracks from a website onto your device or listen online. Some suggestions of freely available tracks consistent with this program include:

<https://soundcloud.com/mindfulmagazine>

<http://mindfulness-solution.com/DownloadMeditations.html>

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Remember that listening to a track or sitting quietly with your breath and awareness is your “going to the gym” for your mind, awareness and all the qualities cultivated in the course. Research suggests that between 10 and 30 minutes a day of this “formal practice” produces significant psychological effects, enabling us to be mindful when we most need it.

Other things.....

Take up a yoga class or other body based practice where you cultivate awareness of your body moment to moment (like Tai Chi).

Set up a regular practice group in your community where you get together once a fortnight or month and have a quiet sit or listen to a guided track together and have a chat about life!

And don't forget above all else, be as mindful as possible in all that you do – even ONE BREATH.