VCUHealth Palliative Care ECHO

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**Mindfulness and Provider Self-Care**

Danielle Noreika, MD, FACP, FAAHPM

**Additional Resources**

* Mindful   
  <https://www.mindful.org>
* MBSR, Palouse Mindfulness  
  <https://palousemindfulness.com/>
* Guided Practice: Three-Minute Breathing Space (video). Zindel Segal, PhD  
  <https://youtu.be/amX1IuYFv8A>
* Body Scan Exercise, Jon Kabat-Zinn (video)  
  <https://www.youtube.com/watch?v=15q-N-_kkrU>
* Unyte (formerly called *The Wild Divine*) biofeedback meditation   
  <https://unyte.com/>

**Further Reading**

* Kabat-Zinn J. An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.   
  Abstract <https://www.ncbi.nlm.nih.gov/pubmed/7042457>
* Body Scan Meditation, Jon Kabat-Zinn  
  <https://palousemindfulness.com/docs/bodyscan.pdf>

**Apps**

* Healing Buddies Comfort Kit (iOS)  
  <http://www.healingbuddiescomfort.org/>
* Camp Pain Retreat (iOS)  
  <https://apps.apple.com/app/id445292078#?>
* Buddhify (iOS & Android)  
  <https://buddhify.com/>
* Calm(iOS & Android)  
  <https://www.calm.com/>
* Headspace (iOS & Android)  
  <https://www.headspace.com/headspace-meditation-app>
* Insight timer (iOS & Android)  
  <https://insighttimer.com/>
* The Mindfulness App  
  <https://apps.apple.com/us/app/the-mindfulness-app-meditate/id417071430>
* 10% Happier (book and app)  
  <https://www.tenpercent.com/dan-harris-books>