

Resources and references for Building Resilience day

Websites/Apps

- BeMindful – www.bemindful.co.uk. (good overview of mindfulness from the mental health charity the Mental Health Foundation. Includes online course)
- <http://franticworld.com> (website of journalist Danny Penman, who has co-authored several best-seller books. Includes short meditations from the books)
- <https://www.headspace.com> (short meditations that slowly build up- 1st 10 days free.)

The app Jo referred to:

I haven't checked out thoroughly but looks and sounds valuable:

<http://www.stopbreathethink.org/>

Books (including CDs)

- Mark Williams and Danny Penman, *"Mindfulness: A Practical Guide to Finding Peace in a Frantic World"* (adapted MBCT stress relief in a busy world)
- Vidyamala Burch & Dr Danny Penman *Mindfulness for Health* (Breathworks approach particularly helpful for chronic pain)
- Teasdale J, Williams M, Segal Z., *The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress* (MBCT for recurrent depression)
- Bob Stahl *Mindfulness-Based Stress Reduction Workbook*