



Mindfulness Resources

tuftshealthplan.com/mindfulness • mindthemoment@point32health.org

Recent research suggests that practicing mindfulness meditation for just 12 minutes a day, most days of the week, for four weeks, is enough to produce measurable benefits.

But most people find starting with just 3 or 5 minutes a day is a great way to build momentum...and it can be even better with the support of an in-person or virtual community.

Here are some ways to get started!

- 1 Join us for live mindfulness instructions and discussion, every Tuesday, Wednesday & Thursday at 8:30 a.m. ET. For info about accessing these sessions: tuftshealthplan.com/livingwellathome
- 2 Watch archived episodes of the sessions above, plus other instructional videos: youtube.com/mindthemoment
- 3 Build your personal practice using our free, guided meditation mp3s: soundcloud.com/mindthemoment
- 4 Check in to see what's happening in the worlds of mindfulness news, research, and events: facebook.com/mindthemoment
- 5 Share your own mindful experiences with us and see what others are up to! instagram.com/mind_the_moment

A few of our favorite books.

[*Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind.*](#)

Judson Brewer. Penguin Random House. 2021.

[*10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story.*](#)

Dan Harris. HarperCollins. 2014.

[*Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.*](#)

Amishi Jha. HarperCollins. 2021.

[*The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness.*](#)

Rhonda Magee. Penguin Random House. 2021.

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MINDFULNESS FOR PAIN

*Stories of Healing
Practices for Pain
Science of Mindfulness*

mindful.org/pain

Managing chronic pain?

This microsite, created in partnership with the editors of Mindful Magazine, presents best practices and cutting-edge research on how mindfulness can help with pain.

These resources, freely offered to all, are available in both English and Spanish.

Mindfulness for business... and beyond.

"Putting Mindfulness to Work"
mindful.org/putting-mindfulness-to-work

"Don't Let Frustration Make You Say the Wrong Thing"
hbr.org/2015/12/dont-let-frustration-make-you-say-the-wrong-thing

"Am I Doing This Right? Answers to the Top 10 Questions That Everyone Asks About Meditation"
mindful.org/am-i-doing-this-right

The Mindfulness Edge Podcast, featuring Mind the Moment founder Tara Healey
themindfulnessedge.com/tme-009-mastering-emotions-bringing-mindfulness-corporate-world-tara-healey/

Two of our favorite apps.

Ten Percent Happier

Meditation for fidgety skeptics,
featuring Dan Harris.
tenpercent.com

Unwinding Anxiety

Evidence-based, mindful guidance
for anyone suffering from anxiety.
unwindinganxiety.com

Our very own Tara Healey is
honored as one of the
"powerful women of the
mindfulness movement"!



mindful.org/10-powerful-women-of-the-mindfulness-movement-2021/

Leaders in Mindfulness Research & Education



Sara Lazar

scholar.harvard.edu/sara_lazar/home

How does yoga and meditation affect various cognitive and behavioral functions?



Jud Brewer

drjud.com

Habit change and the science of self-mastery.



David R. Vago

davidvago.bwh.harvard.edu

Cognitive, affective, and contemplative neuroscientific research.



Richard J. Davidson

centerhealthyminds.org

Our research, rooted in neuroscience, asks one basic question: What constitutes a healthy mind?



Amishi Jha

amishi.com/

Exploring the stability and mutability of attention and working memory.



Rick Hanson

rickhanson.net

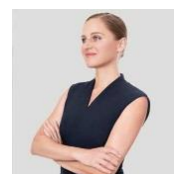
The neuroscience of lasting happiness.



David Treleaven

davidtreleaven.com

Teaching people to offer mindfulness in a trauma-sensitive way.



Emma Seppälä

emmaseppala.com

The science of health, happiness, and success.

Need some gear?

DharmaCrafts has been New England's premiere purveyor of mindfulness-related goods for nearly 40 years.

dharmacrafts.org



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