

## Coronavirus Mindfulness Resources Sheet

Whether you are under extreme pressure, frustrated at home, experiencing illness or a sense of loss, now more than ever it is vital that we take steps to support our mental and emotional health.

As we all find our way through this difficult time, fear and anxiety are natural. We all respond to uncertainty and vulnerability in different ways and finding a healthy approach can be challenging even at the best of times, particularly if we have a tendency to either avoid our feelings or become overwhelmed by them.

Mindfulness involves bringing increased awareness to the unfolding of present moment experience with curiosity, openness and acceptance. Whilst paradoxical to approach moments of difficulty in this way mindfulness has been proven to help nurture improved self-care, self-regulation and resilience.

### Free Weekly Guided Meditations to Support Self-Care



Join us, 7.30 – 8am on a Tuesday morning to cultivate inner resources for the week ahead.

All Welcome. No experience required. Maximum 100 participants, first come first served. Please use this link to access our online training room from 7:15 for a 7:30 start.

#### [Zoom Meditation](#)

Oxford Mindfulness Centre are also offering [free weekly guided meditation sessions](#).



There tends to be a gap between expectations of what meditation should be like (always peaceful and relaxing) and what it is actually like (the challenges and rewards of learning to meet the present moment with awareness and kindness). We would therefore encourage you to practice meditation in a supported environment so as to be able to ask questions about your experience as it arises.

*Technophobes please don't be put off, using zoom is easier than you might think!*

### ONLINE MINDFULNESS TRAINING

We are continuing to offer our **Public Programme** and **Workplace Mindfulness Training** during the pandemic, through online workshops and courses including

- Stress Reduction
- Caring for the Carer
- Managing Change and Uncertainty.

We will also be operating on a '**Pay it Forward**' basis in recognition of the financial difficulties experienced by many.

Please visit [www.yorkmbsr.co.uk](http://www.yorkmbsr.co.uk) to find out more.



Please visit our Facebook page where we are posting resources we hope you will find helpful.



#### Books

**Mindfulness:** A practical guide to finding peace in a frantic world, Williams & Penman

**Mindfulness for Health:** A practical guide to relieving pain and reducing stress, Burch & Penman



#### Online and Apps

[headspace.com](http://headspace.com)  
[insighttimer.com](http://insighttimer.com)  
[calm.com](http://calm.com)