

# UWE Wellbeing Service

## Mindfulness

Do you find you keep getting hijacked by thoughts, worries and feelings about the past or the future? So that you can't enjoy life now, sleep or get done what you need to? Do you often criticise and speak to yourself as "silly", "stupid", "useless" etc. in a way that you would never speak to others?

Mindfulness is a simple form of meditation that can help you improve your own psychological wellbeing and "turn the volume down" on these kinds of difficulties.

There is strong research evidence of its effectiveness from studies around the world.

It is a powerful, helpful way of **becoming kinder to yourself** and becoming **more aware** so that you can feel more in control again and make conscious choices in your life.







Another similar UWE handout you may be interested in is the 'Contending with Self-Criticism' handout which has lots of great tips and information about being kinder to yourself.

Below are several websites, books, apps and video links with some brilliant introductions to the practice of mindfulness which should help all aspects of your life.

Try it for yourself – because you are worth it!

### Websites

There are so many websites and apps about mindfulness that it can be a bit overwhelming. Here are some of the most helpful – allow yourself a bit of time to have a look, try a free download and see if you find something you like.

-  **Mindfulness for students** - a good website, aimed at students but full of resources helpful to anyone <http://mindfulnessforstudents.co.uk/>
-  **The Free Mindfulness Project** - a good website with a choice of free downloadable meditations in a variety of different voices <http://www.freemindfulness.org/>
-  **Tara Brach** - a good website with lots of downloadable meditations and interesting videos, some from a Buddhist position <http://www.tarabrach.com/>
-  **Mental Health Foundation** - good selection of audio downloads on mindfulness, relaxation, anxiety, stress, sleep, exercise and nutrition [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
-  **NHS NTW** - audio resources on number of topics including mindfulness, visualisations and deep muscle relaxation: <http://www.ntw.nhs.uk/pic/relax.php>
-  **Frantic World** - A good website linked to this book and with a useful resources page with meditations, videos and podcasts. <http://franticworld.com/>

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### UWE Library

- 📖 Williams M., Penman D. (2011) **Mindfulness**: a practical guide to finding peace in a frantic world. Available at [Frenchay](#)
- 📖 Siegel R.(2010) **The Mindfulness Solution**: Everyday practices for everyday problems.  
Available at [Glenside](#)

### Further reading

- 📖 Kabat-Zinn J.(2004) **Wherever You Go, There You Are**: Mindfulness meditation for everyday life.
- 📖 Neff K. (2011) **Mindful Self Compassion**: Stop beating yourself up and leave insecurity behind.

### Apps

- **Smiling Mind** - a free, friendly programme of meditations designed for four different age groups, including 16-22 year olds <http://smilingmind.com.au/>
- **Stop, Breathe, Think** - a free, simple and friendly app that guides you through simple meditations for mindfulness and compassion <http://stopbreathethink.org/>
- **Buddhify** - Lots of meditations- over 11 hours - for different activities or parts of the day  
<http://tinyurl.com/zfc9hkg>
- **Calm: Meditation and Relaxation** - a free, simple app presents seven guided steps to calm, running from 2-20 minutes and with a range of calming background sounds to choose from. <http://tinyurl.com/ob3xkrk> <http://tinyurl.com/jm6s6xq>
- **Headspace** - a very popular and accessible programme of mindfulness delivered in 10 minute sessions. Free basic version with further subscription options.  
<https://www.headspace.com/>
- **Insight Timer** Free app with meditations (rated the top free meditation app)  
<https://www.insighttimer.com/>

### Video links

- **One-Moment Meditation** – animated film showing how to start meditation and reduce stress <https://www.youtube.com/watch?v=F6eFFCi12v8>

