

Mindfulness and Meditation Next Steps

Join a sitting group or class

Congratulations on completing the Introduction to Mindfulness Based Stress Management program! Spending some time on a regular basis with others who are practicing mindfulness will help you learn and grow your practice. Here are some suggestions:

- Look for community meditation groups
- Consider for an in-depth Mindfulness-Based Stress Reduction training program—8-week course usually with weekly 2-hour sessions and 45-minute daily practice

Read books

Reading about mindfulness is a good way to stay motivated and expand your knowledge. Here are some titles below. Or go to a bookstore or library and browse until you find one that interests you.

- *Mindfulness for Beginners* by Jon Kabat-Zinn (2012)
- *Coming to Our Senses* by Jon Kabat-Zinn (2005)
- *Moment to Moment* by Jerry Braza (1997)
- *Beginning Mindfulness* by Andrew Weiss (2004)
- *Relaxation & Stress Reduction Workbook* by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay (2008)
- *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl and Elisha Goldstein (2010)
- *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* by Kristin Neff and Christopher Germer (2018)

Use Guided Meditations

- Online resources eg. breathenow.ca, mindful.org, Insight Meditation Society
- YouTube, iTunes- can search guided mindful meditation practices by type, length, instructor
- Apps eg. Insight Timer, Calm, Healthy Minds, etc
- Podcasts eg. Meditation Oasis, 10% Happier, The Mindful Minute

Attend a Meditation Retreat

Retreats are a great way to deepen your practice. Check the web for sessions near you.