

Mindfulness Resources for Adults

What is Mindfulness?

The skill of paying attention to what is happening in the moment and learning to distinguish thoughts, feelings, sensory data, and habitual ways of responding.

Why is it important?

With mindfulness training we can respond to situations more skillfully. Greater awareness in the moment creates the opportunity to RESPOND, rather than habitually REACT.

What are the specific benefits?

- Increased attention and concentration
- Increased productivity and creativity
- Increased calm and happiness
- Improved immune functioning
- Decreased anxious and depressive thoughts
- Healthy changes in brain structure and function

Practical Tips:

- Know your own learning style
 - ~ if you enjoy reading start with books
 - ~ if you like apps and technology, use those
 - ~if you are an auditory learner, begin with audio files
 - ~ see our resources and practical tips below
- Find “Mindful Moments” throughout your day
- Identify cues that can remind you to tune in to your senses
- If you want to try a daily practice start small
 - ~ 2 to 5 minutes is a great beginning
 - ~ a short, consistent practice is far better than a long practice that is not maintained

Want to learn more?

Books

- [Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#) or [Full Catastrophe Living](#) by Jon Kabat-Zinn
- [Get Some Headspace](#) by Andy Puddicombe
- [Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World](#) by Mark Williams and Danny Penman

Apps

- [“Smiling Mind”](#) (free)
- [“Headspace”](#) from Andy Puddicombe (paid subscription)
- [“Insight Timer”](#) (free basic/\$3 additional)
- [“Breathe”](#) (free basic/paid extras, designed for kids, but adult-friendly, too and good for shorter practices for beginners)

Free Downloadable Audio files (Click on Title)

- [UCLA Mindful Awareness Research Center](#)
- [Mindfulness: Finding Peace in a Frantic World](#)
- The [Free Mindfulness Project](#)

Eight Week Training Courses

- [Atlanta Mindfulness Institute](#)
- [Mindfulness Center of Atlanta](#)
- [UMass Medical School Stress Reduction Class](#)

Atlanta Mindfulness Groups

www.AtlantaMindfulnessgroups.com

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