



## Adult Resilience Curriculum (ARC) for Educators

### Module 4: Mindfulness

#### Resources

##### Mindfulness-Based Interventions

*Review the research on mindfulness-based interventions*

Creswell, J. D. (2017). Mindfulness interventions. *Annual review of psychology*, 68, 491-516.

Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Wampold, B. E., Kearney, D. J., & Simpson, T. L. (2018). Mindfulness-based interventions for psychiatric disorders: A systematic review and meta-analysis. *Clinical psychology review*, 59, 52-60.

##### **Mindfulness Based Stress Reduction**

American Psychological Association (2019, October 30). *Mindfulness meditation: A research-proven way to reduce stress*. APA. <https://www.apa.org/topics/mindfulness-meditation>

Kabat-Zinn, J. [Brown University]. (2019, April 15). *Barnes Lecture 2019 - Jon Kabat-Zinn* [Video]. YouTube. <https://youtu.be/kShpURJOpeE>

##### **Mindfulness and the Brain**

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., ... & Sheridan, J. F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic medicine*, 65(4), 564-570.

Gotink, R. A., Meijboom, R., Vernooij, M. W., Smits, M., & Hunink, M. M. (2016). 8-week mindfulness based stress reduction induces brain changes similar to traditional long-term meditation practice—a systematic review. *Brain and cognition*, 108, 32-41.

Hölzel, B. K., Lazar, S. W., Gard, T., Schuman-Olivier, Z., Vago, D. R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on psychological science*, 6(6), 537-559.

Tang, Y. Y., Hölzel, B. K., & Posner, M. I. (2015). The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, 16(4), 213-225.

##### **Mindfulness at Work**

*Ideas about how to practice mindfulness in the workplace*

Gelles, D. (n.d.) How to be more mindful at work. New York Times. <https://www.nytimes.com/guides/well/be-more-mindful-at-work>



Jennings, P. (2015, March 30). *Seven ways mindfulness can help teachers*. Greater Good Science Center. [https://greatergood.berkeley.edu/article/item/seven\\_ways\\_mindfulness\\_can\\_help\\_teachers](https://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers)

## **Mindfulness and Gratitude**

*Learn more about how gratitude can be incorporated into mindfulness practice.*

Chan, D. W. (2010). Gratitude, gratitude intervention and subjective well-being among Chinese school teachers in Hong Kong. *Educational Psychology*, 30(2), 139-153.

Smookler, E. (2018, October 12). *A 5-minute gratitude practice: Savor the moment by tapping into your senses*. Mindful. <https://www.mindful.org/5-minute-gratitude-practice-focus-good-tapping-senses/>

Greater Good Science Center (2016, March 23). *A simple weekly mindfulness practice: Keep a gratitude journal*. Mindful. <https://www.mindful.org/a-simple-weekly-mindfulness-practice-keep-a-gratitude-journal/>

## **Mindfulness-Based Applications**

*How can technology help prompt and guide mindfulness practices?*

Cartreine, J. (2018, November 6). *Mindfulness apps: How well do they work?* Harvard Health Publishing. <https://www.health.harvard.edu/blog/mindfulness-apps-how-well-do-they-work-2018110615306>

Daudén Roquet, C., & Sas, C. (2018, April). Evaluating mindfulness meditation apps. In *Extended Abstracts of the 2018 CHI Conference on Human Factors in Computing Systems* (pp. 1-6).

## **Additional Resources**

Jha, A. (2017, March). *How to tame your wandering mind*. TED Conferences. [https://www.ted.com/talks/amishi\\_jha\\_how\\_to\\_tame\\_your\\_wandering\\_mind](https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind)

Killingsworth, M. (2011, November). *Want to be happier? Stay in the moment*. TED Conferences. [https://www.ted.com/talks/matt\\_killingsworth\\_want\\_to\\_be\\_happier\\_stay\\_in\\_the\\_moment](https://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment)

Puddicombe, A. (2012, November). *All it takes is 10 mindful minutes*. TED Conferences. [https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)



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