

## **Mindfulness (MFN) – An Introduction Learner Resources**

### **A few short entertaining videos to introduce you to mindfulness and meditation**

Happify – “Why mindfulness if a superpower”

<https://www.youtube.com/watch?v=w6T02g5hnT4>

Happify – “What is meditation”

<https://www.youtube.com/watch?v=rqoxYKtEWec>

Happify – “Mindfulness and the wolves” metaphor

<https://www.youtube.com/watch?v=vzKryaN44ss>

### **A few Practical Tips to bring mindfulness into your daily life**

<http://www.dailygood.org/story/497/5-ways-to-bring-mindfulness-into-everyday-life-headspace-com/>

### **The Science behind mindfulness**

Craig Hassed - The Scientific Benefits of Being Mindful

[http://www.monash.edu/\\_data/assets/pdf\\_file/0004/694192/The-health-benefits-of-meditation-and-being-mindful.pdf](http://www.monash.edu/_data/assets/pdf_file/0004/694192/The-health-benefits-of-meditation-and-being-mindful.pdf)

### **Mindfulness and Meditation - Online course and Best Apps to get started**

Monash University Mindfulness Course (Craig Hassed)

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Treat - A meditations App for Health Care workers

<https://www.alfredhealth.org.au/news/mindfulness-app-helps-hospital-workers-find-calm/>

Headspace - A Good meditation app for beginners and experts alike

<https://www.headspace.com/>

### **Mindfulness when you work in a Hospital**

<http://rolobostrambles.com/perishiftmindfulness/>

### **Performance Optimisation and Mindfulness**

EmCrit - On Combat by Dave Grossman

<https://emcrit.org/podcasts/emcrit-book-club-on-combat-by-grossman/>

### **Some books**

Taft, Michael. *The Mindful Geek*. 2005. Kindle Version Used.

Brown, Brene. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. 2010. Kindle Version