

## **Mindfulness (MFN) – Introduction. Facilitator Resources**

Dr Sarah Lazar - Excellent Ted talk on the scientific effects meditation

<https://www.youtube.com/watch?v=m8RzTtP7Tc>

Prof Craig Hassed - The benefits of 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 (Prof 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/>

## **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