



# *Practicing Mindfulness*

FOR PATIENTS AND CAREGIVERS

**Mindfulness** means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment through a gentle, nurturing lens.

## **Accessibility**

Mindfulness may be practiced by those of any age or skill level, with many free online tools. It is beneficial for both patients and caregivers.

## **Psychological Benefits**

Those who practice mindfulness report reduced anxiety and depression, as well as improved emotional regulation and resilience.



# Meditation

Meditation is a type of mind-body medicine that has been practiced for thousands of years. During meditation, you develop intentional focus and minimize random thoughts about the past or future. The process is often described as calming, grounding, and stress-relieving.

# Online Meditation Resources



## Youtube - *Jon Kabat-Zinn*

Follow along as expert instructor Jon Kabat-Zinn guides you through various meditations.

### **Playlist**

- <https://youtube.com/playlist?list=PL5kRdSV9ccDmlkq9lamDtu4PmnXN9Lxrj>

### **5-Minute Meditation**

- <https://youtu.be/7WnZisfYMsE>

### **10-Minute Meditation**

- <https://youtu.be/2GjZanuXWWk>

### **10-Minute Meditation #2**

- <https://youtu.be/Oq-9POHygas>

### **20-Minute Meditation**

- <https://youtu.be/1H2Cgc60UIU>

# Online Meditation Resources



## Youtube - *Jack Kornfield*

Follow along as expert instructor Jack Kornfield guides you through themed meditations.

### **Playlist**

- <https://www.youtube.com/watch?v=MBUtY3qyeo&list=PLcEZveMsYS4HCtL LKf6XZqbNzPh34n4V>

### **Quiet Mind, Steady Heart**

- <https://youtu.be/yHTGjUksRqk>

### **Grounding Practice**

- <https://youtu.be/NQleDB-ASrA>

### **Mindful Loving Witness**

- <https://youtu.be/NcKmPcFPmrk>

### **10-Minute Meditation**

- <https://youtu.be/PbHKCy4f6Dk>

# Online Meditation Resources



## Website/Mobile App - *Headspace*

Explore 10 free 10-minute guided audios on the website or mobile app. Articles and additional audios available starting at \$12.99 per month.

### **Headspace Website**

- <https://www.headspace.com/meditation>
- Available as an app on most Apple and Android mobile phones



# Massage

Massage with gentle touch is a therapeutic way of managing side effects of chronic and life-threatening disease/illness. It has been shown to reduce pain, cancer-related fatigue, and anxiety, as well as improve quality of life and relieve depression. It may be done by caregivers and trained massage therapists, or even by patients themselves.

# Online Massage Resources



## Youtube - *Self-Massage*

Follow along as certified massage therapist Michelle Sanderson guides you through a gentle self-massage for lymphatic flow.

### **Self-Massage Link**

- <https://youtu.be/tDvc4USKi3c>



# Online Massage Resources



## Youtube - *Foot Massage*

The following videos provide foot massage techniques to aid in relaxation and pain relief.

### **Playlist - Reflexology**

- <https://www.howcast.com/search?query=reflexology>.

### **6 Techniques for Cancer Patients**

- <https://youtu.be/mpYmMMW6JF8>

# Online Massage Resources



## Youtube - *Hand Massage*

This video includes various gentle massage techniques for hands as explained by a licensed massage therapist.

### Hand Massage Link

- [https://youtu.be/5Ct7kGY8\\_bo](https://youtu.be/5Ct7kGY8_bo)



# YOGA

A longstanding practice rooted in Indian philosophy, Yoga is a physical means of promoting wellbeing that emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana). Exercises are available for those of all skill levels. It has been shown to reduce anxiety and relieve physical pain.

# Online Yoga Resources



## Youtube - *Yoga with Kassandra*

Follow along as a Yin and Vinyasa expert instructor Kassandra teaches you the basics of yoga for beginners.

### **Beginner Yoga Playlist**

- [https://youtube.com/playlist?list=PLW0v0k7UCVrkkg0YPkBqxYHA2eT\\_IYIAC](https://youtube.com/playlist?list=PLW0v0k7UCVrkkg0YPkBqxYHA2eT_IYIAC)

### **10-Minute Morning Yoga**

- <https://youtu.be/2cxcGwDZNWQ>

### **15-Minute Bedtime Yoga**

- <https://youtu.be/xen33SvMdJ0>

### **30-Minute Yoga with Positive Affirmations**

- <https://youtu.be/CSUcp81djAE>

# Online Yoga Resources



## Youtube - *Yoga with Adriene*

Follow along as expert instructor Adriene guides you through seated yoga for relaxation and pain relief.

### **Seated Yoga Playlist**

- <https://youtube.com/playlist?list=PLui6Eynny-Uzwadfy44g9nYIDcTt8IB-3T>

### **Neck and Shoulder Relief**

- <https://youtu.be/SedzswEwpPw>

### **Yoga for Hands, Fingers, and Wrists**

- <https://youtu.be/NxC4LhOrMFw>

### **Yoga for Chronic Pain**

- <https://youtu.be/BFaXfQpxnps>

# Online Yoga Resources



## Website/Mobile App - *DOYOGAWITHME*

Search by skill level and practice type in a collection of 1,000+ guided videos. This website and app have both free and paid options.

### Website Link

- <https://www.doyogawithme.com>
- Available on most Apple and Android mobile phones



# QIGONG

Qigong is a mind-body exercise that combines meditation, breathing, and movement to increase energy and ground oneself. First developed in ancient China and Tibet, it is practiced widely today by elders and those with physical disabilities or movement issues. It is similar to *Tai Chi* but prioritizes meditation.

# Online Qigong Resources



## Youtube - *Basics of Qigong*

Explore Qigong through tutorial videos meant for beginners or dive into the practice's history and benefits with a talk from Qigong Master Lee Holden.

### **Qigong for Beginners (30 Minutes)**

- <https://youtu.be/lylNAjEoTIs>

### **Qigong for Beginners (10 Minutes)**

- <https://youtu.be/9ia0RqVukOk>

### **Intro to Qigong (Informational)**

- <https://youtu.be/X-WOOfW26ts>



# Online Qigong Resources



## Youtube - *Qigong for Limited Mobility*

Qigong exercises are beneficial even to those with limited mobility. Follow along with the videos below for these easy exercises.

### **20 Minute Seated or Standing Qigong**

- <https://youtu.be/MASRvOPXhZM>

### **Seated Qigong for Anxiety Relief**

- <https://youtu.be/Jr5vt2-iaeo>

### **Seated Qigong for Seniors, Limited Mobility**

- <https://youtu.be/kn6MIVXKCV4>

# Online Qigong Resources



## Zoom & In Person - *Live Qigong Classes*

Certified Master of Medical Qigong Sarah Karp offers live Qigong classes on Tuesdays and Fridays over zoom, or Wednesdays in-person at the Manor Mill in Monkton, MD.

### Website - Qigong Health and Wellness

- <https://www.qigonghw.com>

### Calendar of Events (virtual and in-person)

- <https://www.qigonghw.com/qigong-classes?view=calendar&month=01-2023>

### Youtube Resources

- <https://www.youtube.com/@QigongHealthWellness/featured>

# Looking for more resources?



The Barbara L. Posner Wellness & Support Center at St. Joseph Medical Center offers many of these activities in-person and online.



Check out a full list of services offered at <https://www.umms.org/sjmc/health-services/cancer/patient-family-resources/integrative-health>.



For more information or to request a referral, call 410-427-2598.