

# RESOURCES

## *Mindfulness, Stress and the Brain*

### Books and Articles — General

Chambers, R. "The Impact of Intensive Mindfulness Training on Attentional Control, Cognitive Style, and Affect" *Cognitive Therapy and Research*, Vol. 32, No. 3, (June 2008).

Dusek JA, et al. "Genomic counter-stress changes induced by the relaxation response." *PLoS ONE* 3(7): e2576. doi:10.1371/journal.pone.0002576. (2008).

Elliott, S. and Edmonson, D. *Coherence: The New Science of Breath*, (2005).

Epel, E. S., et al, "Accelerated telomere shortening in response to exposure to life stress." *Proceedings of the National Academy Sciences* 101, 49, December 7, (2004).

Epel, E., et al, "Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres." *Annals of the New York Academy of Sciences* 1172, 34-53 (August 2009).

Fernando, R. "Measuring the efficacy and sustainability of a mindfulness-based in-class Intervention." *Mindful Schools*. <http://www.mindfulschools.org/pdf/Mindful-Schools-Study-Highlights.pdf>

Flook, L. "Effects of Mindful Awareness Practices on Executive Functions in Elementary School Children" *Journal of Applied School Psychology* 26: 1, 70-95, (2010).

Goldstein, J., *Insight Meditation: The Practice of Freedom*. Boston, MA: Shambala, Publ., (1993).

Grossman, P, et al, "Mindfulness-based stress reduction and health benefits: A meta-analysis." *Journal of Psychosomatic Research*, 57, 35-43. (2004).

Holzel, B. K., et al, "Mindfulness practice leads to increases in regional brain gray matter density." *Psychiatry REsearch: Neuroimaging*. Vol 191, 1, 30, 36-43. (Jan 2011).

Jha A.P., et al. "Mindfulness training modifies subsystems of attention." *Cogn Affect Behav Neurosci*. 7(2):109-19. (June 2007)

Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Dell, (1990).

Kabat-Zinn, J., *A Mindfulness Stress-Reduction Workbook*, Oakland, CA: New Harbinger, (2010).

Moore A, et al. "Regular, brief mindfulness meditation practice improves electrophysiological markers of attentional control." *Front Hum Neurosci*. 2012; 6:18. Epub ( Feb 10, 2012)..

Napoli, M. "Mindfulness Training for Elementary School Students: The Attention Academy" *Journal of Applied School Psychology*. Vol. 21(1), (2005).

Riggs N.R. "Concurrent and 2-Year Longitudinal Relations Between Executive Function and the Behavior of 1st and 2nd Grade Children" *Child Neuropsychology*. (Neuropsychology, Development and Cognition: Section C), Volume 9, Number 4: 267-276, (2004).

Rotne, N., Rotne, D., *Everybody Present: Mindfulness in Education*, Berkeley CA: Parallax Press, (2009).

# RESOURCES

## *Mindfulness, Stress and the Brain*

Shapiro, S. L., *et al*, "Mechanisms of mindfulness," *J. Clinical Psychology*, 2006  
<http://www.wisebrain.org/papers/MechanismsofMindfulnessLR.pdf>

Schwartz, J., M.D., *The Mind and the Brain: Neuroplasticity and the Power of Mental Force*. New York: HarperCollins, 2002.

Schwartz, J., M.D., Gladding, R., M.D., *You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life*. New York: Avery, 2012.

Selye, Hans, M.D., *The Stress of Life*, New York: McGraw-Hill, 1984 (rev. ed).

### **Books: Mindfulness, Children, and Teens**

Dung X. Vo, M.D., *The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time*, Oakland, CA: New Harbinger Publ. 2015.

Graugaard, G. *The Children's Meditations: In My Heart*, Room for Reflection Publications, 2006.

Jennings, P. *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*, New York: W. W. Norton and Co., 2015.

Viegas, M. *Relax Kids: Aladdin's Magic Carpet and Other Fairytale Meditations for Children*. New York: O Books, 2004.

Willard, C., *Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm and Relaxed*. Berkeley CA: Parallax Press, 2007.

### **Web Resources: General**

**Mindfulness-Based Stress Reduction (MBSR)** programs of interest.

[http://greatergood.berkeley.edu/article/item/why\\_mindfulness\\_matters/](http://greatergood.berkeley.edu/article/item/why_mindfulness_matters/)

See also:

<http://www.umassmed.edu/cfm/stress/index.aspx>

**Mindfulness-Based Cognitive Therapy (MBCT)**

<http://www.mbct.com/Index.htm>

**Science Daily.** A great go-to digest for mindfulness and brain-worthy research summaries

<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

**Mindfulness Research Guide (MRG).** Clearinghouse for all things mindful.

<http://www.mindfulexperience.org/>

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## *Mindfulness, Stress and the Brain*

### Web Resources: Mindfulness in Schools

#### **Mindfulness in Education Network**

<http://www.mindfuled.org/>

**“Meditation in schools: calming minds and beating stress.”** *The Guardian, Teacher Network.*

<http://www.guardian.co.uk/teacher-network/teacher-blog/2013/jun/10/meditation-mindfulness-schools-stress-calming-classrooms>

**“5-Minutes to a Calmer Classroom.”** PDF (site registration required) *The Guardian, Teacher Network.*

<http://teachers.guardian.co.uk/teacher-resources/5879/5-Minutes-to-a-Calmer-Classroom-----Introducing--Meditation>

**“How To Start a Meditation Program in Your School.”** *Edu-topia*

<http://www.edutopia.org/stw-student-stress-meditation-school-tips>

**“Quiet Time Primer.”** PDF. *Edu-topia*

<http://www.edutopia.org/pdfs/stw/edutopia-stw-reducingstudentstress-visvalley-primer.pdf>

**Resources and Downloads on Mindfulness,** from *Edu-topia*

<http://www.edutopia.org/stw-student-stress-meditation-resources-downloads>

**Learning to BREATHE: A Mindfulness Curriculum for Adolescents**

<http://learning2breathe.org/>

**Guardian Teacher Network (*The Guardian*, UK)** “How to teach mindfulness in the classroom.”

<http://www.guardian.co.uk/education/teacher-blog/2013/jun/24/mindfulness-classroom-teaching-resource>

**Mindfulness: A Teacher’s Guide,** by Dr. Amy Saltzman, M.D.

<http://www.pbs.org/thebuddha/teachers-guide/>

**Tips for Teaching Mindfulness to Kids,** by Megan Cowan

[http://greatergood.berkeley.edu/article/item/tips\\_for\\_teaching\\_mindfulness\\_to\\_kids/](http://greatergood.berkeley.edu/article/item/tips_for_teaching_mindfulness_to_kids/)

See also,

<http://www.mindfulschools.org/>

**MindUP.** Mindfulness based social-emotional lesson plans for children.

<http://thehawnfoundation.org/research/>

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### Additional Resources

**Room to Breathe**, video on teaching meditation to students,  
<http://www.videoproject.com/roomtobreathe.html>

<http://childmind.org/article/mindfulness-in-the-classroom/>

[www.stillquietplace.com](http://www.stillquietplace.com)

[www.mindfulnessstogether.net](http://www.mindfulnessstogether.net)

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

<http://www.calmclassroom.com/>

<http://www.stressedteens.com/>