

MANAGING STRESS AND IMPROVING WELLBEING WITH MINDFULNESS AND MEDITATION

HELPFUL RESOURCES

BCNA resources:

- [The Beacon](#) June Edition, page 8-9
- [My Journey](#) Articles, videos, and additional helpful resources
- [Helpline](#) BCNA Member Support Team provides support, information, resources and a referral service for people affected by breast cancer.

Apps:

- [Smiling Mind](#)
- [Headspace](#)
- [Plum Village](#)
- [Calm](#)
- [Insight Timer](#)
- [Allevi8](#)

Relaxation and Guided Mindfulness sessions for self-care and stress management, developed by Associate Professor Dr Emma Warnecke:

- [Introduction](#) (5 minutes)
- [Relaxation](#) - Guided relaxation with no background sounds (30 minutes)
- [Relaxation](#) - Guided relaxation with background ocean sounds (30 minutes)
- [Mindfulness](#) - Breath awareness (25 minutes)
- [Mindfulness](#) - Advanced practice of breath awareness (30 minutes)
- [Beach sounds for relaxation](#) (30 minutes)
- [Relaxation](#) - brief guided relaxation (5 minutes)

Digital resources:

- [Sounds True](#): 40-day program, 10 minutes of mindfulness and meditation. Suitable for beginners and people who want to deepen their knowledge and practice.
- [Tara Branch](#): A 20-minute mindfulness meditation practice with Tara Bruch on tuning in to difficult emotions
- [3 minute box breathing practice to calm strong emotions, stress and anxiety](#).
- [Palouse Mindfulness](#): An eight-week Mindfulness-Based Stress Reduction (MBSR) program

Meditation recordings by Professor Craig Hassed

- [1 minute mindfulness meditation](#)
- [5 minute mindfulness meditation](#)