

Mindfulness resources for support during COVID-19

COVID-19 has brought great uncertainty and worry into many of our lives, and it is important that we do the best that we can to take care of our emotional well-being. Mindfulness teachers across the world are generously making resources available online and creating ways for people to connect and practice together. This is one way that some people might find support and guidance at this challenging time. Here is a selection of links to online practices and resources which are open to anyone who may find them helpful:

**Free online mindfulness meditation sessions for support during COVID-19**

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| http://www.freemindfulness.org/_/rsrc/1585380188612/covid19/JonKabatZinn200.jpg | Jon Kabat-Zinn <http://www.wisdom2conference.com/live><https://www.youtube.com/user/Wisdom2conf/videos> | Weekdays 7pm |
|  | <https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/> | Daily, 7-8pm |
|  | <https://mindfulnessinschools.org/misp-sit-together/> | 11am Weekdays |
|  | <https://oxfordmindfulness.org/online-sessions-podcasts/> | Wednesdays, 7-8pm |
|  | Tara Brach, Clinical Psychologist & Mindfulness teacher<http://www.tarabrach.com>Insight Timer (free app or website link) | Wednesdays7.30pm***Eastern Time\**** |
| http://www.freemindfulness.org/_/rsrc/1585380986560/covid19/UCSD200.jpg | <https://medschool.ucsd.edu/som/fmph/research/mindfulness/free-sessions/Pages/default.aspx>Daily sessions and recordings of practice available.  | Weekdays – check times 2.30pm to 1.30am UK time  |
| Vidyamala Burch Breathworks Mindfulness Founder | Vidyamala Birch, founder of BreathworksJoin via this link: [**https://zoom.us/j/930264124**](https://zoom.us/j/930264124)or by phone:  +44 203 481 5240 (UK number)Meeting ID: 930 264 124 | Wednesday, 7pm – 7.30pm |

**Apps**

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| **Headpsace** have created a free resource eon their app called ‘weathering the storm’ which offers mindfulness meditation. |  |
| **Insight Timer** is a free app with thousands of meditations – look for teachers such as those mentioned here, but you can also explore other approaches to meditation if you wish. | Investing in Insight Timer - Noteworthy - The Journal Blog |

**Recorded meditations**

**Tara Brach**

<https://www.tarabrach.com/meditation-times-of-pandemic/>

<https://www.tarabrach.com/meditation-rain-fear/>

**Jack Kornfield ‘A steady Heart in the time of coronavirus’**

<https://soundcloud.com/jack-kornfield/a-steady-heart>

**Mark Williams**

Oxford Mindfulness Centre is offering meditations to offer stability and help ‘find your ground’ with alternatives to the breath during these times:

<https://mbct.co.uk/meditating-in-troubling-times/>

**Talks (and other resources)**

**Tara Brach**

<https://www.tarabrach.com/pandemic/>

**Jon Kabat Zinn** – Mindfulness, Healing and Wisdom in our Time

<https://www.youtube.com/user/Wisdom2conf/videos>

**For Healthcare Workers**

Free access to Headspace app until December 2020, for hundreds of free guided meditations.

[https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-s taff](https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff)



Breathworks are offering calming mindfulness practices for healthcare workers

<https://www.breathworks-mindfulness.org.uk/the-quiet-place>



**The Mindfulness Initiative**

Mindfulness for Staying at Home - resource list pdf

The Mindfulness Initiative grew out of a programme of mindfulness teaching for politicians in the UK Parliament. They have released a comprehensive list of resources, including links to mindfulness meditations, to support well-being during COVID-19:

<https://www.themindfulnessinitiative.org/Handlers/Download.ashx?IDMF=e7822fad-a910-496f-a7cd-1ad644e8f1d5>

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