



Be Mindful in May Resources

May 2024

*Sign up for the Mindful Meditation Support Group: [Register here](#)
It meets the second Tuesday of the month from 7-8 pm ET.*

1. Forbes: [4 Ways Loving Kindness & Mindfulness Can Change Your Life, with Sharon Salzberg](#)
2. U of Rochester Medical Center: [5-4-3-2-1 Coping Technique for Anxiety](#)
3. Tara Brach: [RAIN – A Practice of Radical Compassion](#)
4. Parkinson’s Foundation: [A Beginner’s Guide to Managing Pain Through Mindfulness](#)
5. YouTube US Pain Foundation Video: [The Importance of Breath](#)
6. Tara Brach video: [Meditation: Radical Acceptance of Pain](#)
7. Psychology Today: [Living Mindfully with Chronic Pain and Illness](#)
8. Psychiatry.org: [Can Mindfulness Help with Pain Management?](#)
9. VeryWell Mind: [How a Mantra Can Improve Your Mental Health](#)
10. Mindful.org: [5 Benefits of Including Mindful Affirmations in Your Daily Routine](#)
11. VeryWell Mind: [Need a Breather? Try These 9 Breathing Exercises to Relieve Anxiety](#)
12. PsychCentral: [How to Use Mindfulness-Based Stress Reduction \(MBSR\)...](#)