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


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)...

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