

Week 1 Resources

Inspirational Quotes

If you don't like something, change it. If you can't change it, change your attitude. Don't complain.

---Maya Angelou

The last of human freedoms-- to choose one's attitude in any given set of circumstances.

---Victor Frankl

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

---Marcel Proust

God, grant me the serenity to accept the things I cannot change, The courage to change the things I can, And the wisdom to know the difference.

--- Karl Niebuhr, adapted by AA

The cost of a thing is the amount of what I call life which is required to be exchanged for it, immediately or in the long run.

---Henry David Thoreau

The more faithfully you listen to the voice within you, the better you'll hear what is sounding outside.

And only she who listens can speak.

---Dag Hammarskjold

Our life is a gift from God. What we do with that life is our gift to God.

---Unknown

Website for additional inspirational quotes

1. <http://www.tigerfreedom.com/quotes-about-life/>
2. Thich Nhat Hanh source: <http://www.wildmind.org/applied/daily-life/mindfulness-triggers>
3. Isabel Allende TED talk on how to live passionately no matter what your age.
http://www.ted.com/talks/isabelle_allende_how_to_live_passionately_no_matter_your_age

Meditations you can download or listen to on you computer or smartphone

1. <http://franticworld.com/free-meditations-from-mindfulness/>
2. <http://marc.ucla.edu/body.cfm?id=22>
3. <http://www.freemindfulness.org/download>
4. <http://www.freemindfulness.org/apps>
5. Jon Kabat Zinn Mindscape Guided Meditation - YouTube (one of many)
6. <http://www.mindful.org/mindfulness-practice/free-mindfulness-apps-worthy-of-your-attention>



Week 1

References and Additional Resources

1. Chao, G. and Gardner, P. (2007) Important Characteristics of Early Career Jobs: What Do Young Adults Want? Michigan State University <http://ceri.msu.edu/publications/pdf/JobChar4-16.pdf>
2. Jon Kabat-Zinn, Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Founder of Mindfulness-Based Stress Reduction technique. A leading expert on mindfulness, health and stress reduction.
3. Konnikova, Maria. The Power Of Concentration. New York Times Sunday Review. December 15, 2012. http://www.nytimes.com/2012/12/16/opinion/sunday/the-power-of-concentration.html?pagewanted=all&_r=0
4. Schneider, R. (1998) Long-Term Effects of Stress Reduction on Mortality in Persons ≥ 55 Years of Age With Systemic Hypertension. American Journal of Cardiology Volume 95, Issue 9, Pages 1060–1064, May 1, 2005 <http://www.ajconline.org/article/S0002-9149%2805%2900183-9/abstract>
5. Fang, CY, et. al, (2009) Enhanced psychosocial well-being following participation in a mindfulness-based stress reduction program is associated with increased natural killer cell activity. J Altern Complement Med. 2010 May;16(5):531-8. doi: 10.1089/acm.2009.0018. <http://www.ncbi.nlm.nih.gov/pubmed/22623334>
6. Baer RA. (2012) Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program. J Clin Psychol. 2012 Jul;68(7):755-65. <http://www.ncbi.nlm.nih.gov/pubmed/22623334>
7. Krasner, M. (2009) Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians. AMA. 2009;302(12):1284-1293. doi:10.1001/jama.2009.1384 <http://jama.jamanetwork.com/article.aspx?articleid=184621>
8. Chen P. (2009) How Mindfulness Can Make for Better Doctors. New York Times. <http://www.nytimes.com/2009/10/15/health/15chen.html?pagewanted=1>.
9. Huffington, A. (2014). Mindfulness, Meditation, Wellness and Their Connection to Corporate America's Bottom Line. Huffinton Post. http://www.huffingtonpost.com/arianna-huffington/corporate-wellness_b_2903222.html?utm_hp_ref=healthy-living&ir=Healthy%20Living.
10. Kelly, C. (2012) "O.K., Google, Take a Deep Breath." New York Times. April 29, 2012. One of Google's most popular classes it offers employees is known as S.I.Y., short for "Search Inside Yourself." It was started by Chade-Meng Tan, a Google engineer, and author of Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace). The course has three parts: attention training, self-knowledge, and building useful mental habits. <http://www.siyli.org/>



Additional Resources and Links on Mindfulness and Happiness

1. Kabat-Zinn, J. (1990) Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness
2. Kabat-Zinn, J. (2011) Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life
3. Happier Inc. reflectivehappiness.com
4. The Mindfulness-Based Stress Reduction Program has been featured in the Bill Moyers' PBS documentary 'Healing and The Mind' (click here to watch).
5. The 'Center for Mindfulness in Medicine, Healthcare, and Society' at the University of Massachusetts: <http://www.umassmed.edu/cfm/index.aspx>
6. The 'Mindfulness Research Guide': www.mindfulexperience.org
7. The UCLA 'Mindful Awareness Research Center': <http://marc.ucla.edu>
8. The 'Mind & Life Institute': <http://www.mindandlife.org>
9. 'Mindful', a monthly publication on mindfulness: <http://www.mindful.org>
10. The Center for Contemplative Mind in Society: <http://www.contemplativemind.org>
11. The Center for Investigating Healthy Minds: <http://www.investigatinghealthyminds.org>
12. Oprah's remarks about Mindfulness Meditation and MBSR: <http://www.oprah.com/spirit/Learn-to-Relax-With-Mindfulness-Meditation>

Flow Resources

1. Wallis, CI (2005) "The New Science of Happiness" Time Magazine. <http://content.time.com/time/magazine/article/0,9171,1015832-4,00.html> retrieved on October 27th, 2014
2. Mihaly Csikszentmihalyi Ted Talk: Flow, the Secret to Happiness (or any other resource by him)
3. TED2004 · 18:55 · Filmed Feb 2004
4. <https://www.youtube.com/watch?v=fXleFJCqsPs>

Scientific Research on Mindfulness-Based Stress Reduction MBSR:

1. Martín-Asuero A1, García-Banda G. (2010) The Mindfulness-based Stress Reduction program (MBSR) reduces stress-related psychological distress in healthcare professionals. Span J Psychol. 2010 Nov;13(2):897-905.
2. 2012. Weekly Change in Mindfulness and Perceived Stress in a Mindfulness Based Stress Reduction Program: [nml.nih.gov/pubmed/22623334](http://www.ncbi.nlm.nih.gov/pubmed/22623334), <http://www.ncbi.nlm.nih.gov/pubmed/20455784>
2012. Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample: [ncbi.nlm.nih.gov/pubmed/22125187](http://www.ncbi.nlm.nih.gov/pubmed/22125187)
3. 2011. Sustained impact of MBSR on stress, well-being, and daily spiritual experiences for 1 year in academic health care employees: [ncbi.nlm.nih.gov/pubmed/22010779](http://www.ncbi.nlm.nih.gov/pubmed/22010779)
4. 2011. MS quality of life, depression, and fatigue improve after mindfulness training: a randomized trial: [ncbi.nlm.nih.gov/pubmed/20876468](http://www.ncbi.nlm.nih.gov/pubmed/20876468)

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5. 2008. MBSR: a literature review and clinician's guide: ncbi.nlm.nih.gov/pubmed/18387018

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