

## Sources

### Research

1) Journal of Family and Pediatrics- Mindfulness Based Stress Reduction (MBSR) for Parents and Caregivers of Individuals with Developmental Disabilities: A Community-Based Approach

<https://link.springer.com/article/10.1007/s10826-013-9836-9>  
Video Resources

2) Pediatrics- Reducing Distress in Mothers of Children With Autism and Other Disabilities: A Randomized Trial 2014

<http://pediatrics.aappublications.org/content/early/2014/07/16/peds.2013-3164>

### Additional research-

Mindfulness practice leads to increases in regional brain gray matter density

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/>

### Videos

Dr. Robert Sapolsky @ Stanford ( Why Zebras Don't Have Ulcers) - neuroendocrinologist and studies stress and brain in animals and humans.

<https://youtu.be/bEcdGK4DQS>

Dan Harris- Mindfulness is a Super Power <https://youtu.be/w6T02g5hnT4>

Dan Siegal Flip Your Lip Model <https://youtu.be/gm9CIJ74Oxw>

Taming Your Wandering Mind | Dr. Amishi Jha University of Miami researcher on memory and attention. <https://youtu.be/Df2JBnql8lc>

Rumi The Guest House - <https://youtu.be/ZPrOi6EsCfk>

\*\* Mind the Bump- more science <https://youtu.be/aNCB1MZDgQA>

### Guided Meditations

UCLA Mindfulness Research Center <http://marc.ucla.edu/mindful-meditations>

### **Apps- tend to be short but can get you started**

Calm

Headspace

Insight Timer – Timer, tracker, guided /unguided, journal, connection to others

10% Happier \*

### **Additional Resources**

Child Mind Institute- <https://childmind.org>

Greater Good- <https://greatergood.berkeley.edu>

Mindful Schools- <http://www.mindfulschools.org>

### **Authors/speakers...**

Dan Harris ( written books – **10% Happier** and a new one out **Meditation for Fidgety Skeptics**) pod casts, app , you tube videos – prolific.

Byron Katie ( Loving What Is- The Four Questions)

Rachel Macy Stafford- Hands Free Mama <https://www.handsfreemama.com/blog/>

### **Retreats**