

ACHD Psychology Resources:

Mindfulness videos/ exercises/podcasts/ meditation sessions

Mindfulness is a mind-body approach that has become popular to help people manage anxiety, stress, recurrent depression, pain and long term medical conditions.

Useful resources:

The Somerville Foundation: *(ACHD specific charity information on mindfulness)*

<https://thesf.org.uk/so-what-is-mindfulness/>

MIND *(has an online information and support on Mindfulness)*

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/#.WcJLd8iGPIU>

Mindfulness Association *(free daily mindful meditations)*

<https://www.mindfulnessassociation.net/>

The Free Mindfulness Project *(has lots information and resources, with Guided Mindfulness Exercises you can listen to and download.)*

<http://www.freemindfulness.org/download>

Breathworks *(organisation which focuses on mindfulness and health, using mindfulness to manage living with pain and long term health conditions.)*

<https://www.breathworks-mindfulness.org.u>

Mindfulness Youtube videos *(created by psychologist Anna Mc Cullogh)*

Loving, kindness mediation:

<https://youtu.be/DbghlzVh1FQ>

Safe Space exercise:

<https://www.youtube.com/watch?v=XsHly4pbqOg>

Mindful walking:

www.stopbreathethink.com

The Mental Health Foundation (*offers podcast about mindfulness:*)

<https://www.mentalhealth.org.uk/podcasts-and-videos/what-mindfulness>