

Mindfulness and Self-Care Resource Guide*, January 2018



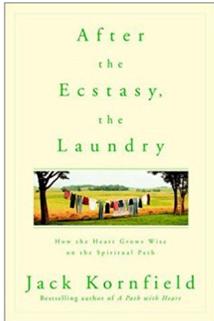
Local Teachers

Marc Balcer and Josh Gansky, www.center4selfcare.com

Gloria Shepard, www.gloriashepard.com (Media, PA)

Jenny Mills, www.rootsandwingsonline.org (Bryn Mawr)

Mindfulness-Based Stress Reduction, [Penn Program for Mindfulness](#) and [Jefferson Mindfulness Institute](#)



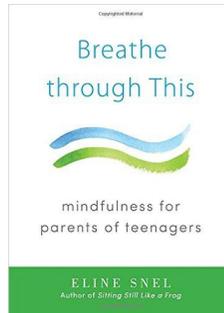
Books

Eline Snel, [Breathe Through This: Mindfulness for Parents of Teenagers](#) and [Sitting Still Like a Frog: Mindfulness Exercises for Kids \(and Their Parents\)](#)

Jack Kornfield, [Meditation for Beginners](#) and [After the Ecstasy, the Laundry](#)

Thich Nhat Hanh, [Peace is Every Step: The Path of Mindfulness in Everyday Life](#)

Sharon Salzberg, [Real Love: The Artful Of Mindful Connection](#)



Web Resources and Apps

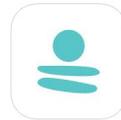
YourMindfulCoach.com [podcast](#) and [blog](#) - includes talks and guided meditations

Center4SelfCare.com [blog](#)

[Insight Timer](#)



[Simple Habit](#)



[Calm](#)



Simple Practices

3 Questions - When you find yourself in a stress response, pause and ask yourself, What am I doing? Is it Right? What will I do next? Repeat these questions as needed.

Twenty Breaths - Sitting comfortably, close your eyes and breathe naturally. After exhaling, count each breath until you reach 10, then count back to one. Open your eyes and continue with your day.

Mindful Eating - Enjoy a snack in silence, slowly chewing each bite and observing what arises.

Stoplight or Telephone Meditation - As your approach a stoplight or hear the phone ring, allow yourself one gentle breath followed by a moment's pause before resuming your activity. Use your body's natural relaxation response to turn habitual reactions into thoughtful responses.

Utilize these resources to help build **your own mindfulness practice. Consistent practice drives the benefits of mindfulness. When in doubt, sit quietly and follow your breath. The books, apps and teachers will be there when you open your eyes!*



Marc Balcer has been trained in Mindfulness-Based Stress Management, Mindful Schools and Mindful Self-Compassion. As the founder of YourMindfulCoach.com and Center4SelfCare.com, Marc offers mindfulness and meditation workshops, retreats and consultations with a special focus on youth sports, men, middle age and the workplace. Marc enjoyed a fifteen year career as an investor and entrepreneur before transitioning to coaching and teaching mindfulness at The Shipley School.

Prepared 1/16/18 by Marc Balcer, marc@center4selfcare.com, www.center4selfcare.com