Mindfulness Resources

Recent research suggests that practicing mindfulness meditation for just 12 minutes a day, most days of the week, for four weeks, is enough to produce measurable benefits.

But most people find starting with just 3 or 5 minutes a day is a great way to build momentum…and it can be even better with the support of an in-person or virtual community.

Here are some ways to get started!

1. Join us for live mindfulness instructions and discussion, every Tuesday, Wednesday & Thursday at 8:30 a.m. ET. For info about accessing these sessions: harvardpilgrim.org/livingwellathome

2. Watch archived episodes of the sessions above, plus other instructional videos: youtube.com/mindthemoment

3. Build your personal practice using our free, guided meditation mp3s: soundcloud.com/mindthemoment

4. Check in to see what’s happening in the worlds of mindfulness news, research, and events: facebook.com/mindthemoment

5. Share your own mindful experiences with us and see what others are up to! instagram.com/mind_the_moment

A few of our favorite books.

*Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind.*

*10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story.*

*Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.*

*The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness.*

Managing chronic pain?

This microsite, created in partnership with the editors of Mindful Magazine, presents best practices and cutting-edge research on how mindfulness can help with pain.

These resources, freely offered to all, are available in both English and Spanish.
Two of our favorite apps.

Ten Percent Happier
Meditation for fidgety skeptics, featuring Dan Harris.
tenpercent.com

Unwinding Anxiety
Evidence-based, mindful guidance for anyone suffering from anxiety.
unwindinganxiety.com

Leaders in Mindfulness Research & Education

Sara Lazar
scholar.harvard.edu/sara_lazar/home
How does yoga and meditation affect various cognitive and behavioral functions?

David R. Vago
davidvago.bwh.harvard.edu
Cognitive, affective, and contemplative neuroscientific research.

Amishi Jha
amishi.com/
Exploring the stability and mutability of attention and working memory.

Jud Brewer
drjud.com
Habit change and the science of self-mastery.

Richard J. Davidson
centerhealthyminds.org
Our research, rooted in neuroscience, asks one basic question: What constitutes a healthy mind?

Rick Hanson
rickhanson.net
The neuroscience of lasting happiness.

David Treleaven
davidtreleaven.com
Teaching people to offer mindfulness in a trauma-sensitive way.

Emma Seppälä
emmaseppala.com
The science of health, happiness, and success.

Need some gear?

DharmaCrafts has been New England’s premiere purveyor of mindfulness-related goods for nearly 40 years.
dharmacrafts.org