



## Mindfulness: A Resilience Practice Suggested Resources

Albers, S. (2012). Mindful eating [Infographic]. <http://eatingmindfully.com/wp-content/uploads/2012/01/mindfuleatingplate1.pdf>

This infographic is modeled after the USDA MyPlate campaign. Instead of the plate containing the types of foods people should eat, this plate shows mindfulness eating practices.

Jennings, P. (2015, March 3). Seven ways mindfulness can help teachers.

[http://greatergood.berkeley.edu/article/item/seven\\_ways\\_mindfulness\\_can\\_help\\_teachers](http://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers)

This web article is written by an author of a book on the same topic, *Mindfulness for Teachers*. The article explains in depth the seven benefits of mindfulness for teachers that can help improve teaching practices.

Nour Foundation. (2012). *Becoming conscious: The science of mindfulness* [Video].

<https://www.youtube.com/watch?v=5TeWvf-nfpA>

This hour-long video features a panel of experts on neuroscience and mindfulness discussing the science of mindfulness.

Tugend, A. (2013, March 22). In mindfulness, a method to sharpen focus and open minds. *The New York Times*. [http://www.nytimes.com/2013/03/23/your-money/mindfulness-requires-practice-and-purpose.html?pagewanted=1&\\_r=1](http://www.nytimes.com/2013/03/23/your-money/mindfulness-requires-practice-and-purpose.html?pagewanted=1&_r=1)

This newspaper article leads its readers through one person's experience of learning basic mindfulness techniques.