

# Meditation and Relaxation

## A guide to finding resources and support

Here is a list of resources to help you look for information on meditation and relaxation. Most of these resources can be found at the Patient and Family Resource Centre. The Resource Centre is located on the first level in the Burr Wing (Burr 1) at the Cancer Centre at Kingston General Hospital.

**This does not replace medical advice. Please ask your cancer care team about specific questions or concerns.**

### Websites

#### Mayo Clinic

[www.mayoclinic.com](http://www.mayoclinic.com) Search: 'meditation'

- Includes tips for meditation exercises.

#### Progressive muscle relaxation

[www.anxietybc.com](http://www.anxietybc.com) Search: 'progressive muscle relaxation'

- Includes guided audio exercise.

**American Cancer Society** [www.cancer.org](http://www.cancer.org) Search: 'mind body and spirit'

- Online class to help you learn about mind-body approaches to wellness in cancer treatment.

#### National Center for Complementary and Alternative Medicine (NCCAM)

[www.nccam.nih.gov/health](http://www.nccam.nih.gov/health) Click on Health Info → Topics A-Z → Scroll to M – Meditation

- General introduction to meditation and suggests some resources for more information. Features current medical research on meditation.

#### Online Mindfulness Based Stress Reduction Class

[www.palousemindfulness.com](http://www.palousemindfulness.com)

#### Cancer Research UK

[www.cancerresearchuk.org](http://www.cancerresearchuk.org) → Type 'meditation' in search box → Select page titled 'meditation'

### Community resources and support programs

**Cancer Information Service** (Canadian Cancer Society) Phone 1-888-939-3333

- An information specialist will answer your questions and give you information about cancer-related topics and services.

### Information sheets

**Relaxation Techniques to Relieve Stress** (South East Regional Cancer Program)

### Online videos

**Relaxation videos (created for managing shortness of breath)** (Trillium Health Partners)

[www.youtube.com](http://www.youtube.com) Search: 'ManagingSOB'

- Includes videos on relaxation and guided imagery.

#### BC Cancer Agency

[www.bccancer.bc.ca/](http://www.bccancer.bc.ca/) → Click on Health Info

→ Coping with Cancer → Patient Resources → Community Cancer Forum → Scroll down to view selection of videos about mindfulness

#### Mayo Clinic

[www.mayoclinic.com](http://www.mayoclinic.com) Search: 'Video: Need to relax? Take a break for meditation'

## Books

### **Full Catastrophe Living**

(Kabat-Zinn, 2009)

- Explores using your body and mind to face stress, pain and illness.

### **Here for Now: Living well with cancer Through Mindfulness** (Rosenbaum, 2007)

- Applies the principles of mindfulness to living well with cancer.

### **Mindfulness for Beginners** (Kabat-Zinn, 2006)

- An introduction to the practice of mindfulness

### **Mindfulness-Based Cancer Recovery**

(Carlson, 2010)

- Explains a step-by-step Mindfulness Based Stress Reduction (MBSR) approach to help you cope with cancer.

### **Peace is Every Step** (Thich Nhat Hanh, 1992)

- Contains commentaries and meditations, personal anecdotes and stories.

### **Wherever You Go There You Are**

(Kabat-Zinn, 2005)

- A guide to using mindfulness meditation in your everyday life.

### **Can the Mind Heal Cancer?**

(Cunningham, 2005)

- This book looks at the role of the mind in health and illness.

## Audiobooks/DVDs

### **Guided Mindfulness Meditation**

(Kabat-Zinn, 2012)

- Jon Kabat-Zinn leads you through guided meditations.

### **Mindfulness For Beginners**

(Kabat-Zinn, 2006)

- Two volume set of guided meditations and introduction to mindfulness.

### **Mindfulness Meditation for Pain Relief**

(Kabat-Zinn, 2010)

- Guided practices focused on relieving pain and the associated physical and emotional suffering.

### **The Nature of Healing**

(The Healing and Cancer Foundation, 2013)

- DVD set teaches an integrated approach to healing, including techniques and strategies for the body, mind and spirit.