

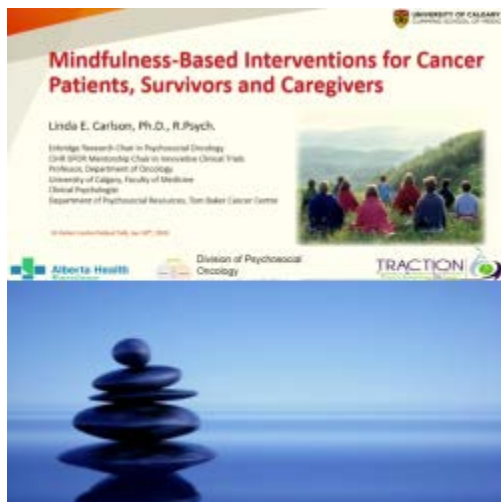
Mindfulness, Cancer and COVID-19: Resources



We have aimed to collate these resources from reputable/verified sources. However, please approach these materials as guidelines and use what works best for you.

Mindfulness Resources online and virtual:

- ☞ [Mindfulness-Based Interventions for Cancer Patients, Survivors and Family Caregivers](#)



[Watch this video from January 30, 2020 at UCSF Mt Zion.](#) Professor Linda Carlson, PhD, co-founder and primary researcher of Mindfulness-Based Cancer Recovery (MBCR) provides an introduction to the MBCR program, a 9-week program for cancer patients, survivors, and caregivers, based on the Mindfulness-Based Stress Reduction program developed by Jon Kabat-Zinn, PhD, in the 1980s. Sponsored by UCSF Psycho-Oncology and the Mt. Zion Health Fund.

- ☞ Free [audio recordings](#) by UCSF Osher Center mindfulness instructors (UCSF)
- ☞ Free [audio recordings](#) by UCSF Psycho-Oncology psychologists (UCSF)
- ☞ [Mindfulness Based Stress Reduction virtual group program \(MBSR\) \(UCSF\)](#)
- ☞ Meditation apps: [Calm](#), [Headspace](#), [Insight Timer](#)

Cancer and COVID-19:

- ☞ [COVID Cancer Care](#): A free CBT based stress and coping module for cancer patients during COVID
- ☞ [FAQs: Coronavirus and Patients with Cancer](#) (UCSF)
- ☞ [Coronavirus COVID-19 Links for the UCSF Cancer Community](#) (UCSF): This website includes a comprehensive list of cancer specific resources available at this time, including previously in-person resources that are now offered through remote (video or telephone) services.

Stress and Anxiety:

- ☞ [COVID Coach](#): A comprehensive mental health app for coping during COVID (National Center for PTSD, VA Palo Alto)
- ☞ [Resources to Support Your Mental Health During the COVID-19 Outbreak](#) (UCSF)
- ☞ [Managing Anxiety and Stress](#) (CDC)
- ☞ [Feeling Anxiety about Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#) (UCSF)
- ☞ [10 Tips to Settle Coronavirus Anxiety](#) (Mindful Living Counseling Services)
- ☞ [Coping with coronavirus anxiety](#) (Harvard Medical School)
- ☞ [Feeling Anxious about COVID-19?](#) (Yale Medicine)

For Families and Caregivers:

- ☞ [Helping Children Cope with Emergencies](#) (CDC)
- ☞ [Parenting resources and a children's book for managing stress](#) (UC Berkeley Psychology)
- ☞ [How to Talk to Your Anxious Child About the Coronavirus](#) (Psychology Today)
- ☞ [COVID-19 Resources for San Francisco Families](#) (A Google Sheet with organizations and agencies that can help families affected by school closures, job loss, etc.)
- ☞ [Self-Care for Caregivers](#) (UCSF)

Mindfulness without meditating!

Everyday, engage in one of these mindfulness exercises: **Being Mindful in your Routine**; **Turn Something Boring into a Chance to be Mindful**; or **Be Fully Present in the Pleasant**.

1. **Being mindful in your routine.** Stay present with what you feel, see, smell, hear. Notice with your observing self any thoughts or emotions. Are you willing to act without judgment?

- **Taking a shower.** Feel the water droplets on your skin. Notice the temperature of the water. Hear the white sound of the water. Feel your song arise in your throat as you sing loudly and without judgment.
- **Brushing your teeth.** Are you willing to brush your teeth as though this is the first time you ever did this? Notice how brushing teeth is really made up of many small actions. Feel the sensation of the toothpaste on your tongue.
- **Morning coffee/tea.** As you prepare your favorite beverage, notice any thoughts of anticipation, or any feelings of discomfort. Notice the aroma, the feeling of a warm cup, or the sight of the steam curling up from the surface of the liquid. Sip mindfully noticing carefully the first moment the drink hits your lips, how it fills your mouth and rolls on your tongue and what the sensations are as you swallow.
- **Other** _____.

2. Turn Something Boring into a Chance to be Mindful

Take a chore that you usually do automatically without much thought or a chore that you can't wait to get to the end of, such as emptying the dishwasher, folding laundry, chopping vegetables or washing the car. These are great opportunities to practice mindfulness. For example, when you fold laundry, try taking each item slowly into your hands and notice the colors, texture and shape as you fold it. Notice the thoughts that come in and out. You might get caught up in a thought about where the piece of clothing came from or how you look wearing it. When you notice yourself being caught up in the thought, gently shift your awareness back to the process of folding and allow the thought to remain or float away.

3. Be Fully Present in the Pleasant.

What are some activities you enjoy? Holding your grandchild? Walking in the park? Sitting in a warm bath? Looking at a beautiful painting? Pick an activity that gives you pleasure and practice your mindfulness by staying fully present in the pleasure. Make the activity last and turn up the volume of your enjoyment by keeping all of your senses engaged. Afterward, take note of how difficult or easy it was to stay present. Ask yourself. Am I missing the good things in life when I forget to be mindful?

On Meditating, Sort Of
Mary Oliver (From Blue Horses)

Meditation, so I've heard, is best accomplished
if you entertain a certain strict posture.
Frankly, I prefer just to lounge under a tree.
So why should I think I could ever be successful?

Some days I fall asleep, or land in that
even better place — half asleep — where the world,
spring, summer, autumn, winter —
flies through my mind in its
hardy ascent and its uncompromising descent.

So I just lie like that, while distance and time
reveal their true attitudes: they never
heard of me, and never will, or ever need to.

Of course I wake up finally
thinking, how wonderful to be who I am,
made out of earth and water,
my own thoughts, my own fingerprints —
all that glorious, temporary stuff.

*Retrieved 9/28/20 from <https://fullnessempiness.wordpress.com/2017/03/28/on-meditating-sort-of-mary-oliver/>