



Free Introductions,
Guided Meditations
& Starter Kits

Organizational
Training Programs

Mindfulness Based
Stress Reduction

Integral
Psychotherapy
& Life Coaching

BeMindful.org

Resources for living a more balanced, integrated and richly rewarding life.

Mindfulness Practices for Managing Pain: A Starter Kit

Suggested practices:

If you don't already have an established mindfulness practice, you might consider going back to this page and working through the "Starter Kit for Establishing a Mindfulness Meditation Practice." <http://www.bemindful.org/freedownloads.htm>.



- If you already have a mindfulness practice, you may want to get a "refresher" by practicing mindfulness for 20 to 45 minutes every day for at least 6 days this week using these or other recordings. Feel free to mix it up a bit, using the Body Scan some days, one or two of the other guided meditations on other days, some lovingkindness meditations on other days...

Set realistic goals (e.g. length of meditation sessions, frequency) that you are likely to be able to maintain in the long run. Too little practice – no significant improvement. Too much practice – burnout and frustration. Find a challenging "middle way."

Watch this video about the workings of mindfulness

<https://www.youtube.com/watch?v=yqUNtLbwoj4>

Watch and Reflect upon these Videos:

- How Mindfulness Can Help with Chronic Pain with Jon Kabat-Zinn
<https://www.youtube.com/watch?v=KqS9qHEWnaA>

- A Different Approach to Pain Management: Mindfulness Meditation with Fadel Zeidan (TED talk)
<https://www.youtube.com/watch?v=OLQJJDrbj6Q>

- How mindfulness meditation redefines pain, happiness & satisfaction with Kasim Al-Mashat (TED talk)
<https://www.youtube.com/watch?v=JVwLjC5etEQ>



Explore these articles:

- Meditation Reduces Emotional Pain by 44%: Study
<http://time.com/4108442/mindfulness-meditation-pain-management/>

- The Connection between Mindfulness and Pain (and related articles) by The American Chronic Pain Association
https://theacpa.org/uploads/chronicle_june2011_ONLINE_052911.pdf

- Easing Chronic Pain with Mindfulness

<https://www.mindful.org/easing-chronic-pain-with-mindfulness/>

- Mindfulness Meditation Reduces Pain, Bypasses Opioid Receptors

<https://nccih.nih.gov/research/blog/mindfulness-meditation-pain>

Practice with these Guided Meditations for Reducing Pain

- Mindfulness Meditation for Pain Relief with Jon Kabat-Zinn

https://www.youtube.com/watch?v=QCNXi_0lsCk

- Guided Meditation: Chronic Pain by The Mindful Movement

<https://www.youtube.com/watch?v=3RNXvq3oCHA>



Explore How your Diet can Impact Your Pain

Nutrition Facts.org

https://nutritionfacts.org/?fwp_search=pain+relief&fwp_content_type=video

Physicians Committee for Responsible Medicine

<http://www.pcrm.org/health/health-topics/foods-and-arthritis>

Foods that Fight Pain by Neal Barnard (book)

<https://www.penguinrandomhouse.com/books/8693/foods-that-fight-pain-by-neal-barnard-md-author-of-food-for-lifemenus-and-recipes-by-jennifer-raymond/9780609804360/>

Check out this material for Psychotherapists and other Medical Personnel

- Mindfulness Based Pain Treatment

<https://hermanwallace.com/continuing-education-courses/mindfulness-based-pain-treatment>

- Mindfulness for Chronic Pain: Neuroscience Research and Emerging Healthcare Technologies

<https://www.youtube.com/watch?v=LoCwXvuqCF8>

- Evidence base for Mindfulness based Interventions for Chronic Pain

<http://www.breathworks-mindfulness.org.uk/PDF/Research-article1-Evidence-base-for-Mindfulness-based-Interventions-for-Chronic-Pain.pdf>

How's Your Sleep? If it's not going well for you, here's some help:

The Sleep Solution by Chris Winter, MD

https://www.amazon.com/Sleep-Solution-Why-Your-Broken-ebook/dp/B01KGZVRVO/ref=sr_1_3?ie=UTF8&qid=1516126957&sr=8-3&keywords=sleep+solution

60-min audio Interview with Chris Winter, MD

<https://www.youtube.com/watch?v=WVBw0GoXckw>