

## Mindful Meditation for Pain

May 2024

### **Resources played during CLASS**

Monkey Mind <https://youtu.be/n6pMbRiSBPs>

Silent meditation with intermittent bells: <https://youtu.be/3ABdRvLSruA>

Guided Body Scan: <https://d1cy5zxhbcbbk.cloudfront.net/guided-meditations/Body-Scan-Meditation.mp3> (also available on the UCLA Mindfulness app)

Qi Gong video: <https://youtu.be/ppM9FRRX-Uo>

Walking Meditation: [https://www.youtube.com/watch?v=qNQgN\\_-kvKk](https://www.youtube.com/watch?v=qNQgN_-kvKk)

### **General background information about how to meditate and the health benefits of meditation:**

<https://www.forbes.com/health/mind/benefits-of-meditation/>

<https://www.tarabrach.com/howtomeditate/>

<https://insighttimer.com/blog/informal-meditation-practice-presence/>

**Netflix Guide to Meditation** <https://www.netflix.com/title/81280926>

<https://www.amazon.com/Altered-Traits-Science-Reveals-Meditation/dp/B075M1ZY2P>

[https://greatergood.berkeley.edu/article/item/how\\_to\\_focus\\_a\\_wandering\\_mind](https://greatergood.berkeley.edu/article/item/how_to_focus_a_wandering_mind)

<https://centerhealthyminds.org/>

<https://www.headspace.com/meditation/daily-meditation-habit>

### **Support for finding the right POSTURE**

The intention of meditation is to guide your mind toward increased focus so, ideally your body positioning should reflect that. You don't want to feel uncomfortable or experience increased pain. Remember the guidelines of "not too tight and not too loose" and aim for a comfortable position, but not so comfortable that you fall asleep. Experiment and see what works for you. You may use different set-ups on different days.

<https://www.yogajournal.com/meditation/how-to-meditate/sit-up-and-take-note/>

<https://www.headspace.com/meditation/positions>

<https://www.uclahealth.org/programs/marc/free-guided-meditations/getting-started>

<https://youtu.be/H7xq9DMVv6A> Dealing with Pain in Sitting Meditation

## **Support for Mindful Movement**

Many movements can be done with a meditative state of mind, paying attention to the breath, and sensing your body in action. During class we reviewed walking meditation and qi gong. It will be up to you to explore ways of applying these principles to dancing or strength training or yoga or whatever way you like to move. To get support from a teacher, you could search online for classes (Qi Gong, Tai chi, Restorative Yoga, etc.) in your area.

<https://www.tarabrach.com/wp-content/uploads/pdf/Walking-Meditation-Instructions.pdf>

Guided meditation: <https://insighttimer.com/tarabrach/guided-meditations/walking-meditation-instructions>

Stanford Pain Medicine has an extensive YouTube channel dedicated to videos of the Tai Chi for Rehabilitation movement series:

<https://www.youtube.com/playlist?list=PLsQ1C3NKyyyHRvxKws9z8yMzRJJX9Dzm4>

Another Tai Chi option <https://www.youtube.com/@drpaullamtaichiproductions>

Five-Minute Mindful Movements from Silver Sneakers: [5-Minute Moving Meditation Routine | SilverSneakers](#)

**MEDITATION GROUPS:** You can search on the internet to find something in your area or it's on zoom then location doesn't matter. Most meditation groups are led by an experienced teacher or practitioner who can answer questions and offer guidance along the way. They might offer a beginner "how to meditate" class. The style of meditation will vary based on who leads the class and the kinds of meditation they have studied. For some people, meeting like-minded people and a teacher they resonate with can be the key to building a meditation habit.

**APPS:** We put some popular apps down below and encourage you to use their filters so you can find meditations that will be supportive for you. A lot of it comes down to preference. Some people like there to be a lot of speaking and little silence. Some like background music, while others find that irritating! Some people like Australian accents or prefer female voices and so on. Many of them have a lot of information to explain the science behind meditation and you are encouraged to delve into that as well!

Knowledge is power.

- Healthy Minds Program- FREE
- Insight Timer - FREE
- Smiling Mind- FREE
- UCLA Mindful- FREE
- Calm – Kaiser members can access the first year free
- Curable
- Headspace
- 10% Happier

As always, we hope this class was helpful to you! One hint to get started:

Start small with 2-3 minutes and aim for regular daily practice. If you miss a day or two or skip a week, just pick up where you left off. Progress not perfection! Remember when we were talking about the science of training your brain, the people that experienced the long term benefits had long term practices.

*“I envision a day when mental exercise like meditation will be as much a part of our daily lives as physical exercise and personal hygiene.”*

Richie Davidson from the Center for Healthy Minds

**Living with pain can affect all areas of your life. No one can do it alone.**

If you are experiencing a suicidal crisis or mental health related distress, please contact 988 via phone or text. This is free, confidential, and available 24 hours a day. You may also find information on their website [www.988lifeline.org](http://www.988lifeline.org) If you are experiencing food or housing insecurity, and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website [www.211.org](http://www.211.org)