



MINDFULNESS FOR CARERS

Is your mind constantly spinning? Do you feel exhausted from all the worries in your life, or overwhelmed by what you have to plan and do? Do you find it hard to switch off at night? Do you have a negative voice inside you that gives you grief? **Mindfulness may be able to help you!**

You cannot always change your circumstances, but you CAN change the way you respond to challenges. Mindfulness can help you to manage the challenges in your caring role and life, and thus help you experience improved wellbeing.

Many of us have a very busy mind. It spends much of its time wandering off into the past (regretting a moment of anger, or feeling guilty about something), or the future (worrying about what will happen to the person we care for, or how we will make the money stretch). Our mind can exhaust us. With Mindfulness, we can learn techniques to come back to the present moment, and to care for ourselves and our mind. When our mind is not wandering off into the past and future, it is more calm and energized. As a result, we are happier and healthier. Becoming more mindful takes some effort, as we have to train (or re-wire) our brain. However, it can really impact our long-term health and wellbeing.

Here are some resources for you to explore and try mindfulness.

RESOURCES

Apps and websites

Smiling Mind

www.smilingmind.com.au

Smiling Mind is a free app which includes guided meditations and information about how to meditate.

Mindful

www.mindful.org

Mindful is a website with great articles and tips, which includes a free newsletter you can subscribe to.

Buddhify

www.buddhify.com

Buddhify is a free App with a range of mindfulness meditations.

Conscious

[Search in your App Store](#)

Conscious is a free app which has features such as suggestions of different informal mindfulness tasks each day for which you can set reminders and report back on your progress each evening.

1 Giant Mind

www.1giantmind.org

1 Giant Mind is a free app with meditations, and a guide for how to begin meditating.

Free Mindfulness

www.freemindfulness.org/download

Free Mindfulness is a website with links to a range of Mindfulness resources including meditations, apps and videos.

Courses

Happiness.com

<https://academy.happiness.com/courses/online-mindful-based-stress-reduction>

Features a range of free and affordable online courses, including an 8-week **Mindfulness Based Stress Reduction (MBSR)** course. MBSR is a course that can be done face-to-face, or online, over 8 weeks, and has been used to help people deal with chronic pain, depression, anxiety and stress since the 1970's. It is now offered around the world.

Palouse Mindfulness

www.palousemindfulness.com

Palouse Mindfulness is a free online 8-week MBSR course. The website is older than Happiness.com, but you do not need to sign up for the course, and you can access all the materials on the website.

Future Learn

www.futurelearn.com/courses/mindfulness-wellbeing-performance

Future Learn is a free online 4-week Mindfulness course offered through Monash University.

Face-to-Face Courses and Retreats

Mindfulness Works Australia

www.mindfulnessworksaustralia.com.au/follow-up-courses-retreats-and-workshops

Lists a range of workshops, classes and courses about Mindfulness across Australia, including in Melbourne area.

Melbourne Insight Meditation

www.melbourneinsightmeditation.org

A not-for-profit organization offering weekly meditation sessions in Brunswick, Malvern, and Castlemaine, and regular residential meditation retreats.

MINDFUL SELF-COMPASSION

Do you have a voice inside your head telling you that you're not good enough, that you could do better? Do you often feel ashamed or guilty?

If so, then learning how to be kinder to yourself could really help you. Mindful self-compassion involves learning how to be kind to yourself when you suffer. It is about becoming your own best friend. You can learn how to sooth yourself when things are difficult, and cheer yourself on when you feel depleted. There are many meditations, articles and courses about mindful self-compassion.

Here are a few to get you started:

Mindful Self-Compassion

www.self-compassion.org

Guided meditations on self-compassion (these cover various topics, and are various lengths).

There is also a great reading list for books and articles about self-compassion

The Center for Mindful Self-Compassion

www.centerformsc.org

Guided meditations and exercises, a self-compassion test, and various other resources you can explore.