

Mindfulness Resources for Cancer Support and Wellness

Nancy Lasseter, Ed.S., LMHC,

UF Health Integrative Therapies

Books:

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life, Linda Carlson, PhD.

Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses, Elana Rosenbaum

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, Ph.D.

Mindfulness: A Kindly Approach to Being with Cancer, Trish Bartley

Guided Meditations and Talks:

Health Journeys CD by Emmitt Miller on Optimizing Chemotherapy

<https://www.healthjourneys.com/optimizing-chemotherapy-5>

Guided Meditation to Help You Fight Cancer- Imagery and Affirmations to Help the Body Mobilize a Strong Immune Response by Bellaruth Naparastek

<https://www.healthjourneys.com/a-meditation-to-help-you-fight-cancer>

Audio interview with cancer survivor Dr. Pat Rockman

<https://www.mindful.org/how-to-show-up-when-you-have-cancer/>

UF Health Arts In Medicine Integrative Therapies Weekly Classes:

Where: Online (until further notice) **Fee:** None

Cultivating Ease of Mind: Meditation for Beginners with Nancy Lasseter

Mondays 4:30 – 5:00 pm <https://us02web.zoom.us/j/439594600>

Midday Stretch & Renew: Qigong for Well-Being with Nancy Lasseter

Tuesdays 11:30 – 12 noon <https://us02web.zoom.us/j/311318373>

Gentle Yoga for Health with Tammy Bernard

Wednesday 4:15- 5:15 pm To join, email Tammy Bernard at bertam@shands.ufl.edu

Mindfulness/Cancer Research Studies:

Carlson, L. E. (2013). Mindfulness-based cancer recovery: The development of an evidence-based psychosocial oncology intervention. *Oncology exchange, 12*(2).

Bower, J. E., Crosswell, A. D., Stanton, A. L., Crespi, C. M., Winston, D., Arevalo, J., ... & Ganz, P. A. (2015). Mindfulness meditation for younger breast cancer survivors: a randomized controlled trial. *Cancer, 121*(8), 1231-1240.

Matchim, Y., Armer, J. M., & Stewart, B. R. (2011). Effects of mindfulness-based stress reduction (MBSR) on health among breast cancer survivors. *Western Journal of Nursing Research, 33*(8), 996-1016.