

## Practising Well Community of Practice

### The role of mindfulness in the areas of mental health, substance use disorders and chronic pain

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The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

### General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

### Shared Resources

- **Problematic Alcohol Use and Alcohol Use Disorder Quality Standard**  
<https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-quality-standard-en.pdf>
- **Opioid Use Disorder Quality Standard**  
<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Opioid-Use-Disorder>
- **Chronic Pain Quality Standard**  
<https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-quality-standard-en.pdf>
- **Major Depression Quality Standard**  
<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-All-Quality-Standards/Major-Depression>

### Pandemic-Specific Resources

- **Find Calm and Nourish Resilience During the Outbreak**  
[https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/?inf\\_contact\\_key=a4752781117a8fa453658376355ad79cd18a532c4142cb79caf2b269de1401fa](https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/?inf_contact_key=a4752781117a8fa453658376355ad79cd18a532c4142cb79caf2b269de1401fa)
- **Resilience in Challenging Times, A Care Package — Sounds True**  
[https://product.soundstrue.com/walking-together/?inf\\_contact\\_key=cebab26a17f342a2280eb565545db9f4cc0558ed5d4c28cbfab114022b1ec50d](https://product.soundstrue.com/walking-together/?inf_contact_key=cebab26a17f342a2280eb565545db9f4cc0558ed5d4c28cbfab114022b1ec50d)

- **Being Resilient — Dr. Rick Hanson**  
[https://www.rickhanson.net/being-resilient-during-coronavirus/?inf\\_contact\\_key=a394085cb22f2ec5127231c305ef1766f651f238aa2edbb9c8b7cff03e0b16a0](https://www.rickhanson.net/being-resilient-during-coronavirus/?inf_contact_key=a394085cb22f2ec5127231c305ef1766f651f238aa2edbb9c8b7cff03e0b16a0).
- **Live Online Practice Sessions — Tricycle**  
[https://tricycle.org/trikedaily/online-meditation/?inf\\_contact\\_key=f1b6b94d6c5a7f7174d85798e5cfa17cd18a532c4142cb79caf2b269de1401fa](https://tricycle.org/trikedaily/online-meditation/?inf_contact_key=f1b6b94d6c5a7f7174d85798e5cfa17cd18a532c4142cb79caf2b269de1401fa)
- **Guide to Well-Being — Greater Good Science Center, UC Berkeley**  
[https://greatergood.berkeley.edu/article/item/greater\\_good\\_guide\\_to\\_well\\_being\\_during\\_coronavirus?inf\\_contact\\_key=1043a2b3657540f06f2fe8fd57118536f651f238aa2edbb9c8b7cff03e0b16a0](https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?inf_contact_key=1043a2b3657540f06f2fe8fd57118536f651f238aa2edbb9c8b7cff03e0b16a0)
- **Free Resources for the Global Health Crisis — Shambhala Publications**  
[https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?inf\\_contact\\_key=5c1d41d643225e90169bbad7a7b264cbb7af0999dac2af6212784c39e05d2aef](https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?inf_contact_key=5c1d41d643225e90169bbad7a7b264cbb7af0999dac2af6212784c39e05d2aef)
- **4 Live Meditation Gatherings Each Day — Open Heart Project / Susan Piver**  
[https://openheartproject.com/?inf\\_contact\\_key=168ac65f919b7ec1a451ebc7309986531b0a3f0fd3ee5d9b43fb34c6613498d7](https://openheartproject.com/?inf_contact_key=168ac65f919b7ec1a451ebc7309986531b0a3f0fd3ee5d9b43fb34c6613498d7)
- **Pandemic Care Resources — Tara Brach**  
[https://www.tarabrach.com/pandemic/?inf\\_contact\\_key=399b09b92f71cc45a625b75eb607a8f509c74070ac2bf3cfa7869e3cfd4ff832](https://www.tarabrach.com/pandemic/?inf_contact_key=399b09b92f71cc45a625b75eb607a8f509c74070ac2bf3cfa7869e3cfd4ff832)
- **Sanity Guide — Dan Harris / Ten Percent Happier**  
<https://www.tenpercent.com/covid>

## Articles

- **Collection of mindfulness articles**  
<https://positivepsychology.com/category/mindfulness/>
- **CMHA (2021). Take 15 minutes just for you.**  
<https://ontario.cmha.ca/take-15-minutes-just-for-you/>
- **Ackerman, C. (2020). 22 Mindfulness Exercises, Techniques & Activities For Adults (+ PDF's).**  
<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- **Hulsheger, U. Albers, H., Feinholdt, A., & Lang, J. (2012). Benefits of Mindfulness at Work: The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction. Journal of Applied Psychology, 98(2), 310-325.**  
[https://www.researchgate.net/publication/234018520\\_Benefits\\_of\\_Mindfulness\\_at\\_Work\\_The\\_Role\\_of\\_Mindfulness\\_in\\_Emotion\\_Regulation\\_Emotional\\_Exhaustion\\_and\\_Job\\_Satisfaction](https://www.researchgate.net/publication/234018520_Benefits_of_Mindfulness_at_Work_The_Role_of_Mindfulness_in_Emotion_Regulation_Emotional_Exhaustion_and_Job_Satisfaction)
- **Richard J Davidson, Jon Kabat-Zinn, Jessica Schumacher, Melissa Rosenkranz, Daniel Muller, Saki F Santorelli, Ferris Urbanowski, Anne Harrington, Katherine Bonus, John F Sheridan (2003). Alterations in brain and immune function produced by mindfulness meditation.**  
<https://pubmed.ncbi.nlm.nih.gov/12883106/>
- **David, D., & Hayes, J. (2011). What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research. Psychotherapy, 48(2), 198-208.**  
<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjh1L7wnZryAhULTd8KHZ91CLcQFnoECAkQAw&url=https%3A%2F%2Fwww.apa.org%2Fpubs%2Fjournals%2Ffeatures%2Fpst-48-2-198.pdf&usg=AOvVaw1eQfyOWtk9dZnNj3C6A8CX>
- **Penman, D. (2019). What exactly in mindfulness. It's not what you think.**  
[https://www.psychologytoday.com/gb/blog/mindfulness-in-frantic-world/201801/what-exactly-is-mindfulness-it-s-not-what-you-think?mc\\_cid=38c1d32535&mc\\_eid=44b724a2e0](https://www.psychologytoday.com/gb/blog/mindfulness-in-frantic-world/201801/what-exactly-is-mindfulness-it-s-not-what-you-think?mc_cid=38c1d32535&mc_eid=44b724a2e0)
- **Riopel, L. (2021). Mindfulness and the Brain: What Does Research and Neuroscience Say?**  
<https://positivepsychology.com/mindfulness-brain-research-neuroscience/>
- **Riopele, L. (2021). 30 Meditation Exercises and Activities to Practice Today.**  
<https://positivepsychology.com/meditation-exercises-activities/>
- **Westphal, M., Bingisser, M., & Feng, T. (2014). Protective benefits of mindfulness in emergency room personnel. Journal of Affective Disorders, 175C, 79-85.**

<https://www.researchgate.net/publication/271139769> Protective benefits of mindfulness in emergency room personnel

## Books

- Kabat-Zinn, J. (2016). Mindfulness for beginners: reclaiming the present moment and your life. Boulder, CO: Sounds True.
- Snyder, M. (2014). Positive health, flourishing lives, well-being in doctors. Bloomington, IN: Balboa Press.

## Free Courses

- **Mindfulness & Wellbeing**  
<https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/mindfulness-wellbeing>

## Apps and Audio

- <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- <https://www.audiodharma.org/series/1/talk/1762/>
- [https://www.uclahealth.org/marc/body.cfm?id=22&iirf\\_redirect=1](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1)

## Videos

- **Davidson, R. (2019). How mindfulness changes the emotional life of our brains.**  
[https://www.ted.com/talks/richard\\_j\\_davidson\\_how\\_mindfulness\\_changes\\_the\\_emotional\\_life\\_of\\_our\\_brains\\_jan\\_2019?language=en](https://www.ted.com/talks/richard_j_davidson_how_mindfulness_changes_the_emotional_life_of_our_brains_jan_2019?language=en)
- **Davidson, R. (2019). Wellbeing as a skill.**  
<https://www.youtube.com/watch?v=N5GRm2ebPKw>
- **Healthy Minds Innovations Videos.**  
<https://www.youtube.com/watch?v=N5GRm2ebPKw>
- **The plasticity of the mind, brain, and body (2020).**  
<https://www.youtube.com/watch?v=6GEG-Lw1Znc&t=915s>
- **How mindfulness can help with chronic pain**  
<https://youtu.be/KqS9qHEWnaA>

## Websites

- **American Mindfulness Research Association**  
<https://goamra.org/>
- **Berkley Center for Greater Good**  
<https://greatergood.berkeley.edu/>
- **Center for Health Minds- University of Wisconsin**  
<https://centerhealthyminds.org/>
- **CMA physician wellness hub**  
<https://www.cma.ca/physician-wellness-hub>
- **McMaster University mindfulness and relaxation**  
<https://wellness.mcmaster.ca/topics/mindfulness-and-relaxation/>
- **The free mindfulness project**  
<http://www.freemindfulness.org/home>