Mindfulness Meditation

Mindfulness involves intentionally living with awareness in the present moments, without judgment or attachment. It is a skill that can be practiced at anytime, anywhere and can be especially helpful in a hospital setting. Many people find mindfulness meditation helps them feel more grounded and calmer during times of stress.

To listen to each meditation, scan each QR code with the camera or your favorite QR code scanner app on your smart device. Meditations are available in English and Spanish.

Visualization exercise

English Español





Awareness of breath

English



Español



Dropping anchor

English Español





Affectionate breathing English



Breathing space exercise
English



Awareness of physical sensation



Español





Rev.4/2023. Recorded by Miri-Bar Halpern, PsyD, clinical psychologist and parent member of the MGfC Family Advisory Council, and Daniel P. Johnson, PhD, a Boston-based clinical psychologist. Reviewed by the MGfC Family Advisory Council. Mass General for Children and Massachusetts General Hospital do not endorse any of the brands listed on this handout. This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treat any medical conditions.

Five (5) senses

English



Body scan

English







Self-compassion

English

Español





Slow exercise

English

Español





Dropping anchor 2

English



Playlist of all videos

English

Español



