

Support Group For Balance Disorders

Links and resources supplied by Debbie Cane, MSc CS Senior Clinical Scientist in Audiology - See <https://www.lifeonthelevel.org/category/meeting-reports/> for a recording of Debbie's presentation.

Mindfulness Resources for those with dizziness

Please remember these links are all invitational. It is not suggested that you try these without support if you have a history of PTSD, or have active moderate-severe anxiety or depression. Remember if you start and find the meditation difficult then just stop!

You may prefer to have your eyes open instead of closed if closing your eyes makes your dizziness worse. You may prefer to have some soft music on in the background if sitting in silence exacerbates your tinnitus

Quick try out!

- When your next have a coffee, drink it mindfully!
 - https://www.youtube.com/watch?v=Q_uNjXynIYw
- Three minute breathing meditations
 - <https://www.youtube.com/watch?v=rOne1POTKL8>
 - <http://www.breathworks-mindfulness.org.uk/3-min-breathing-spacev>
 -

General awareness

- Body scan
 - <https://soundcloud.com/hachetteaudiouk/meditation-two-the-body-scan>
- Mindfulness of body and breath
 - <https://www.youtube.com/watch?v=fUeEnkjKyDs>
- Breathing anchor
 - <https://soundcloud.com/r-tamuranovait/vidiyamala-burch-mindfulness-breathing-anchor-meditation>
- Sounds and thoughts
 - <https://soundcloud.com/hachetteaudiouk/meditation-five-sounds-and-thoughts>

Grounding Visualizations

- Tree meditation/grounding <https://www.youtube.com/watch?v=vApUMcbFSiE>
- Mountain meditation Peter Morgan <http://www.freemindfulness.org/download>

Mindfulness and dizziness

- <https://www.seekingbalance.com.au/> Joey Remenyi
- <https://www.breathworks-mindfulness.org.uk/dizziness> (DC)

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I am happy to share the below resources if you are under a vestibular health care professional and a qualified mindfulness teacher.

- Booklet on mindfulness for dizziness (DC)
- Compassionate acceptance meditation for dizziness (DC)
- Compassionate acceptance meditation for tinnitus (DC)
- Mindful movement and yoga for chronic dizziness (DC/yoga teachers)

Apps

- Headspace app: <https://www.headspace.com>
- Stop breathe and think app <https://itunes.apple.com/gb/app/stop-breathe-think/id778848692?mt=8>
- Mindfulness app <https://itunes.apple.com/gb/app/the-mindfulness-app-meditate/id417071430?mt=8>

General websites on mindfulness with information and additional meditations

- <http://bemindful.co.uk/>
- <http://www.oxfordmindfulness.org/about-mindfulness/>
- <http://www.mindfulnet.org/index.htm>
- <http://franticworld.com/>
- <https://www.breathworks-mindfulness.org.uk/>

If you already have a regular practice and have done a mindfulness course before, think about joining the Breathworks (BW) Community of Practice. BW describe this as 'an online platform away from traditional social media where people can connect, share experiences, and feel supported in their ongoing mindfulness practice. The Community of Practice is completely free to join and offers a variety of helpful resources including:

- Regular online events including group meditations, meditation support clinics, book club meetings and informative meet-ups for people living with challenging symptoms
- Mini courses, including our free seven stage course for managing Long-Covid
- Weekly articles and conversation starters from the Breathworks team
- Specific interest groups including one for dizziness and tinnitus'

You can join here: community.breathworks-mindfulness.org.uk

Thank You Debbie for your time, energy, and passion in sharing your knowledge with our support group. – Life On The Level.