

## BEYOND WORDS: MINDFULLY CONNECTING WITH OTHERS

### RESOURCES

#### BOOKS

- Chapman, S. G. (2012). *The five keys to mindful communication: Using deep listening and mindful speech to strengthen relationships, heal conflicts, and accomplish your goals*. Shambhala.
- Rouse, S. (2021). *Understanding body language: How to decode nonverbal communication in life, love, and work*. Rockridge Press.

#### ONLINE ARTICLES

- Blain, T. M. (2023, May 11). *How does mindful communication impact mental health?* Verywell Mind. <https://www.verywellmind.com/mindful-communication-definition-principles-benefits-how-to-do-it-7489103>
- Hall, A. (2023, August 15). *The power of team mindfulness: Enhancing collaboration and resolving conflict*. <https://aaronhall.com/insights/the-power-of-team-mindfulness-enhancing-collaboration-and-resolving-conflict>
- Holland, V. (2023, October 19). *Mindful Communication in the workplace: The secret to team cohesion*. Medium. <https://vinnedholland.medium.com/mindful-communication-in-the-workplace-the-secret-to-team-cohesion-7fc156c32800>

#### PODCASTS

- Fargo, S. (Host). (2022, November 2). Mindful communication, with Oren Jay Sofer (No. 26) [Audio podcast episode]. In *Mindful Exercises Podcast*. <https://mindfulnessexercises.com/podcast-episodes/mindful-communication-with-oren-jay-sofer>
- Garofolo, M. (Producer). (2003—present). *The StoryCorps Podcast* [Audio podcast]. <https://storycorps.org/podcast>
- Vaughn, L. (Host). (2023, January 5). The art of mindful and communication with Mudita Nisker and Dan Clurman (No. 61) [Audio podcast episode]. In *Mindfulness Off the Cushion*. Austin Mindfulness Center. <https://www.austinmindfulness.org/podcast>

#### WORKSHEETS

- Therapist Aid. (2013). *Relationship conflict resolution*. <https://www.therapistaid.com/worksheets/relationship-conflict-resolution>
- Therapist Aid. (2017). *Passive, aggressive, and assertive communication*. <https://www.therapistaid.com/worksheets/passive-aggressive-and-assertive-communication>
- Therapist Aid. (2023). *Soft startups: Communication skill*. <https://www.therapistaid.com/worksheets/soft-startups>

#### WEBSITE

[storycorps.org](https://storycorps.org)

#### APP

Mediate Your Life  
[Android](#) | [iOS](#)

#### VIDEO

Johnson, J. (2022, November 1). A 10-minute meditation for deep relaxation and ease [Video]. Mindful. <https://www.mindful.org/a-10-minute-meditation-for-deep-relaxation>

Links accurate as of June 2024

Listed resources are suggestions only;  
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