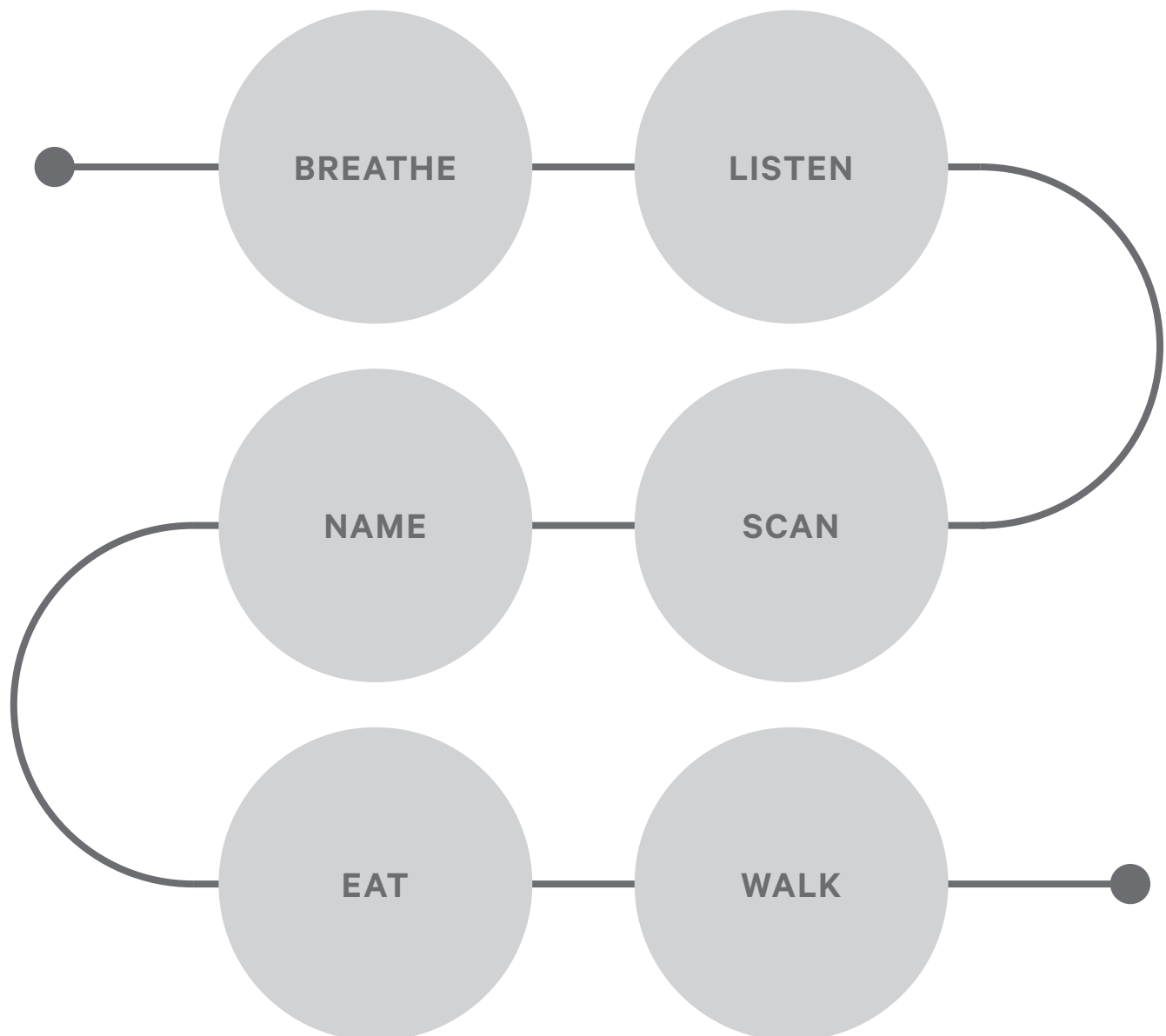


# TRAIN TO MAKE MINDFULNESS A HABIT

There are many different ways to be mindful and many different types of meditation. Some types of meditation work better for some people, and some types of mindfulness practice work better in some situations. The goal with mindfulness practice is to train your mind to gravitate towards healthy responses, especially in moments of chaos.





BREATHE

LISTEN

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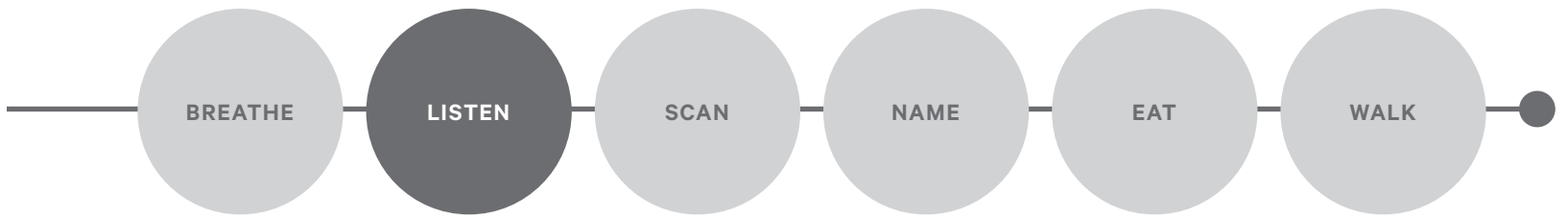
## 1: BREATHING MEDITATION

### BENEFITS:

This meditation helps the brain learn to notice what is happening in the present moment without judgment. It can help you recognize all the different variables occurring in a situation, and focus your attention where it's needed most.

### HOW TO PRACTICE IT:

1. **FIND A SEATED POSITION.** Sit in a way that is comfortable, but not too relaxed. You should have a feeling of sitting 'upright', but not 'uptight'. Allow your eyes to close or focus on a single point.
2. **NOTICE YOUR BREATH.** Bring your attention to how you are breathing. There is no right or wrong way to breathe, just breathe naturally. Notice as your belly or chest rises and falls.
3. **SLOW YOUR BREATHING.** After a few breaths, begin to slow down your inhales and exhales. Focus on making your exhale longer than your inhale. To do this, try counting the length of your inhales. You can begin by making your inhale a 3 count, and exhale a 7 count.
4. **NOTICE YOUR THOUGHTS.** As you breathe, you will notice that your mind will wander. Thoughts will come and go. You may even get caught up in a story, not realizing that you have been "thinking" until the end of the story.
5. **REFOCUS YOUR ATTENTION ON YOUR BREATH.** When you catch your mind in a thought, notice it ("thinking"), and guide your attention back to your breath. Try not get caught up in judging or interpreting your thoughts. Simply notice that you were thinking, and return your attention to the breath.



## 2: LISTENING MEDITATION

### BENEFITS:

This meditation is good for honing and focusing your attention. It can help you learn to notice things you may have become desensitized to, such as noises you hear all the time (e.g. sirens blaring, kids yelling, or cars driving). As you progress, you will get better at catching yourself when you get distracted and redirecting your attention back to your intended focus / task.

### HOW TO PRACTICE IT:

1. **FIND A SEATED POSITION.** Sit in a way that is comfortable, but not too relaxed. You should have a feeling of sitting 'upright', but not 'uptight'. Allow your eyes to close or focus on a single point.
2. **NOTICE WHAT YOU HEAR.** Be still, allow your hearing to be sensitive, and listen to sounds as they occur. During moments of silence, notice the quality of the silence. Sounds will come and go; no need to seek them out.
3. **NOTICE THE MIND.** When you do hear a sound, you will most likely name it (e.g. door opened or dog barking). Notice that you named it, then move on.
4. **RELEASE JUDGMENT.** Allow yourself to notice the sounds without judgment (e.g. "why do i keep doing that?" or "why can't I just notice it as sound!"). When you notice judgments arise, refocus your mind on listening again.



BREATHE

LISTEN

SCAN

NAME

EAT

WALK

### 3: BODY SCAN MEDITATION

#### BENEFITS:

This meditation activates the connection between your mind and body. It will help you identify what your body does and does not need to thrive. By focusing on different parts of your body in the meditation, you can strengthen the link between physical and emotional states of awareness. This can help bring awareness to (and even reduce) real-time stress, anxiety, and physical pain.

#### HOW TO PRACTICE IT:

1. **FIND A COMFORTABLE POSITION.** You can practice this meditation seated or lying down. Come to a position that allows you to relax without falling asleep.
2. **NOTICE YOUR BODY.** Allow your eyes to close and bring your awareness to your body. Notice the sensation of your body on the floor or the weight of your body on a chair.
3. **RELEASE ANY TENSION IN YOUR BODY.** Inhale and exhale a few times. With every exhale, allow your body to soften and relax into the floor.
4. **BRING YOUR ATTENTION TO DIFFERENT PLACES IN YOUR BODY.** Notice where your feet make contact with the floor, sensing whether they feel heavy or soft. Bring your awareness to your legs; first your calves, then your knees, then your thighs. Continue like this through your entire body; from your belly, to your back, to your shoulders and chest, all the way through your head, neck, and face. Notice the sensations (temperature, tension, tingling, etc) and allow each part of your body to relax.



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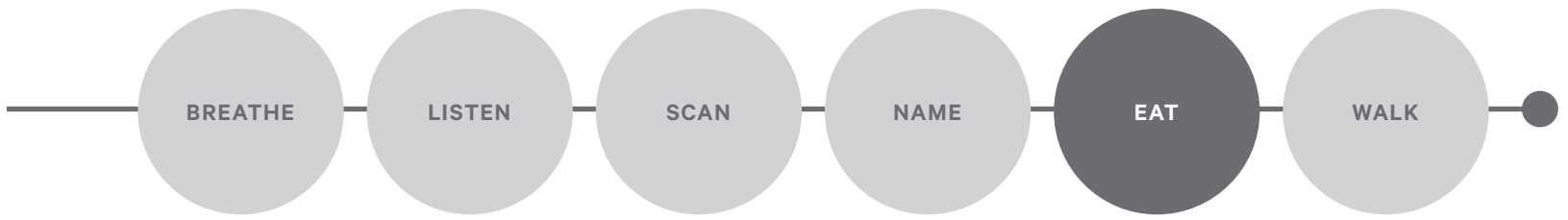
## 4: NAMING MEDITATION

### BENEFITS:

This meditation can help you identify your triggers and ramp down reactive mind states. You will learn to identify feelings and thoughts as they arise, so you can reduce and de-escalate automatic reactions. When you name an emotion (e.g. “this is anger” or “this is frustration”), you create more space to choose how to respond to the situation at hand.

### HOW TO PRACTICE IT:

1. **FIND A SEATED POSITION.** Sit in a way that is comfortable, but not too relaxed. You should have a feeling of sitting ‘upright’, but not ‘uptight’. Allow your eyes to close or focus on a single point.
2. **NOTICE YOUR BREATH.** Bring your attention to how you are breathing. There is no right or wrong way to breathe, just breathe naturally. After a few breaths, begin to slow your inhales and exhales.
3. **NOTICE YOUR THOUGHTS.** As you breathe, you will notice that your mind wanders. Thoughts will come and go. Don’t worry; this is normal.
4. **NAME YOUR THOUGHTS.** When you become aware of a thought, try naming it. For example, if you start thinking about something stressful at work, say to yourself, “stress.” If you notice uncomfortable sensations in your body, say to yourself “pain.” Other labels might include “distraction,” “impatience,” “anxiety,” “judgment,” and so on.
5. **RETURN TO YOUR BREATH.** After you give a name to the thought, guide your awareness back to your breathing. When your mind wanders again (and it will!), name it again and come back to your breath.



## 5: MINDFUL EATING

### BENEFITS:

This meditation trains your mind to experience the act of doing something, rather than robotically moving through a sequence of events. It teaches you to notice your senses (sight, sound, taste, touch, smell), so that you are more attuned to what is happening inside and around you.

### HOW TO PRACTICE IT:

1. **FIND A QUIET PLACE TO EAT.** It is best to practice this meditation in a location where you will not be disturbed. After you have prepared a meal, set up a quiet place for yourself to eat.
2. **NOTICE YOUR SENSES.** Start by bringing your attention to your senses. Notice how your food looks. Take an inhale and notice how it smells. Notice any sounds occurring around you.
3. **BEGIN EATING.** Close your eyes as you place the food in your mouth. Bring your attention to the sensations involved in eating. Notice the feel of the food in your mouth, the sensations in your jaw, and taste of the food on your tongue.
4. **GO SLOWLY.** Don't rush. Take your time with each bite. Be mindful about how you chew, swallow, and reach for another bite. Notice when the tastes and sensations change.
5. **REFLECT.** When you finish the food, take a few minutes to reflect on the sensations you experienced. How did the food taste? Did you enjoy the process? How was the direct experience of eating different from the act of "reflecting" on the experience?



BREATHE

LISTEN

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## 6: MINDFUL WALKING

### BENEFITS:

This meditation will help you connect with your body. It is especially useful in moments when it feels difficult to sit still. A walking meditation is an active practice that can help reduce anxiety and calm the mind.

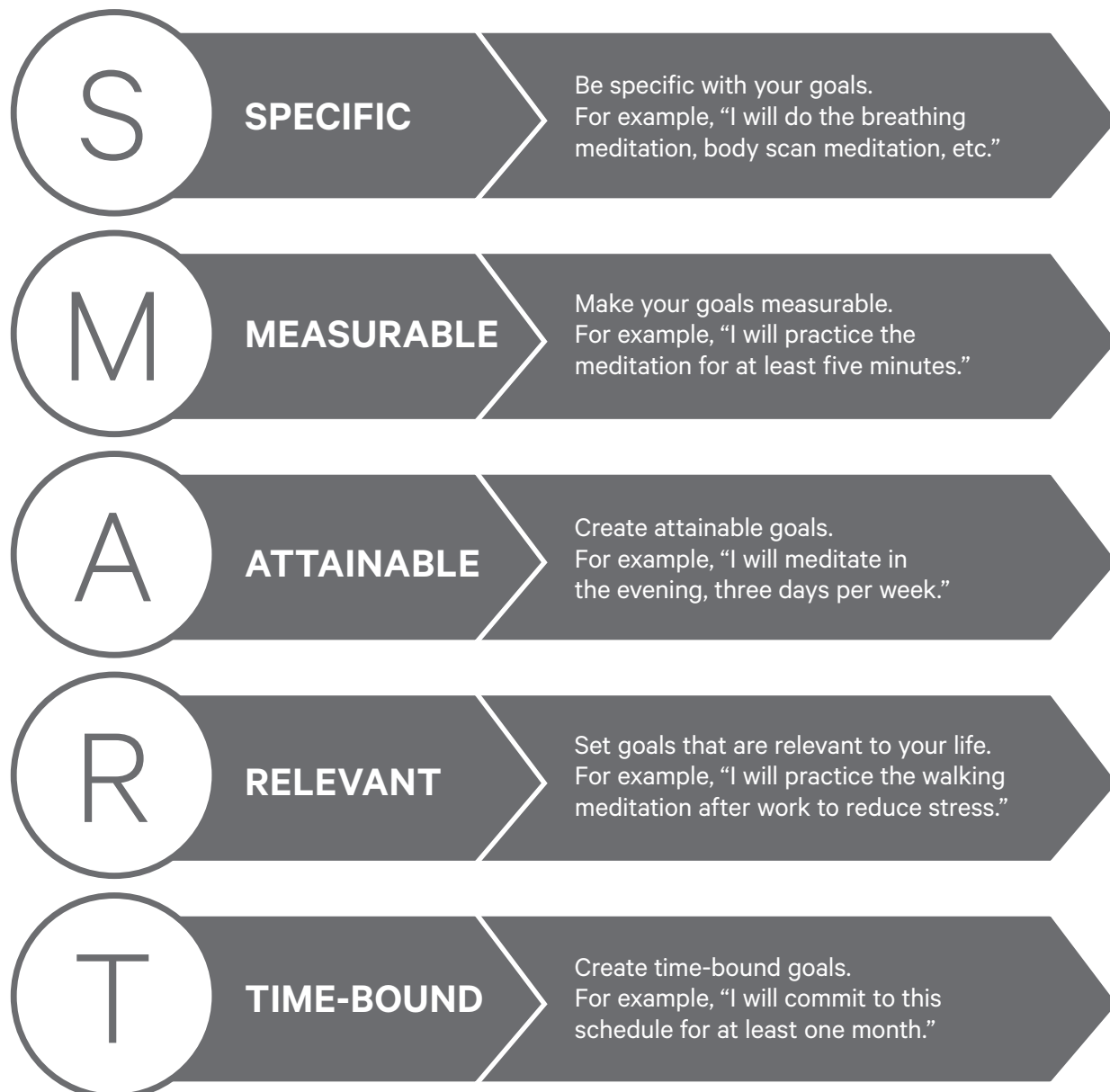
### HOW TO PRACTICE IT:

1. **FIND A LOCATION.** Walking can be done indoors or outdoors, but if you have an opportunity to walk outdoors, take it! You can do this meditation anytime you are walking, such as at the grocery store or on the way to your car.
2. **NOTICE YOUR BODY.** Begin by standing still and noticing your feet on the ground. Take a slow, deep breath and set your gaze on what's in front of you.
3. **WALK FORWARD SLOWLY.** Walk ten to fifteen paces forward at slightly slower than your normal pace. Notice the feeling of your feet on the ground and the sensations involved in walking. If an impulse to move quickly arises, notice it and continue forward at a slow pace.
4. **BREATHE WITH EVERY STEP.** Focus your attention on your inhales and exhales as you walk. With each step, try to repeat in your mind "step," "step." If you notice your mind get distracted, gently guide your awareness back to your breath..
5. **NOTICE YOUR MOVEMENT.** Notice the sensation of your body as you move. First notice your foot touch the ground, then lift off the ground, and finally return to the ground again. Move slowly and purposefully. Repeat in your mind "right foot, left foot, right foot, left foot."
6. **TURN AROUND.** At the end of ten to fifteen paces, come to a stopping place, and take a slow breath. Then turn around and walk back using the same process. Continue like this for ten to fifteen minutes.

# PERSONALIZED MEDITATION APPROACH

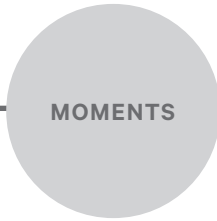
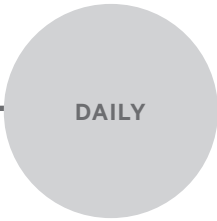
Use the above meditations to fill in the table overleaf with an achievable weekly meditation plan. Start small, and slowly build over time. You can also supplement the meditations listed in this workbook with meditation apps, online guided meditations, or other meditations you know. Be curious, and experiment with what works best for you.

REMEMBER TO MAKE YOUR MEDITATION PLAN **SMART!**



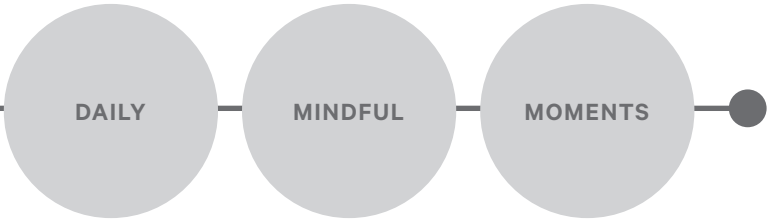


# MINDFULNESS TRAINING PLAN



	Morning	Afternoon	Evening
<i>Example:</i>	Breathing Meditation (5 minutes)	Mindful Walk (5 minutes)	Body Scan (5 minutes)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# MINDFULNESS TRAINING PLAN



	Morning	Afternoon	Evening
<i>Example:</i>	Breathing Meditation (5 minutes)	Mindful Walk (5 minutes)	Body Scan (5 minutes)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			