

Take a short survey

A. Go through the following questions. Write yes or no.



The more often you answer "no," the more mindfully you live. Answer honestly; you do not need to share your answers with anyone.

1. I could be experiencing some emotion and not be conscious of it until some time later. _____
2. I break or spill things because of carelessness, not paying attention, or thinking of something else. _____
3. I find it difficult to stay focused on what's happening in the present. _____
4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way. _____
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention. _____
6. I forget a person's name almost as soon as I've been told it for the first time. _____
7. It seems I am "running on automatic" without much awareness of what I'm doing. _____
8. I rush through activities without being really attentive to them. _____

E. What is mindfulness?

Mindfulness is a practice of focusing your attention on the present moment—and accepting it without judgment.

Focus on the present moment for 1 minute. Write down things / feelings / sounds etc. that you were aware of.

Feelings:

Sensations:

Sounds:

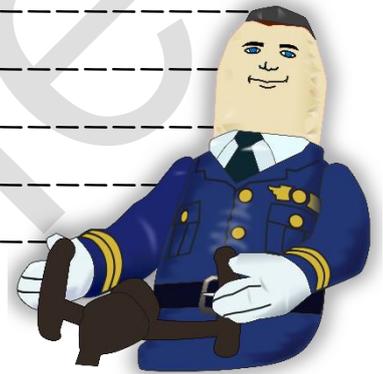
Other:

Quote: "Respond; don't react. Listen; don't talk. Think; don't assume." ~Raji Lukkoor



F. The automatic pilot

1. Name some things you do on 'auto-pilot'.



2. Tick the 4 correct sentences:

- The mind often follows patterns of thinking.
- Negative thinking makes us feel good about ourselves.
- Our thinking can be like a habit!
- Through practising mindful breathing we can start to notice thoughts.
- We should try to ignore all our thoughts and switch off.
- Through mindfulness we can move our thoughts away from negative and repetitive thoughts.



Week 1 Summary and Checklist

Summary

- Focus your attention on the present moment—and accept it without judgment.
- Have present–moment focus
- Be aware of auto–pilot
- Do everyday activities mindfully
- Do body scan meditation



Did you do the following?

- Fill in questionnaires / surveys.
- Focus your attention on the present moment
- Accept your thoughts without judgment.
- Have present–moment focus
- Practise mindful breathing
- Be aware of auto–pilot
- Take part in body scan meditation
- Do a mindful activity, e.g. teeth brushing
- Journal – write your ideas, thoughts, mindfulness activities, gratitude notes, etc.

WEEK 2

A. Week 2 body scan meditation

How did you feel after the body scan meditation?



B. Attention

Answer these questions:

a) Should mindfulness be practised intentionally or can you just leave it to chance?

b) Is living in the past a good mindfulness practice?

c) Is being aware in the present moment a good mindfulness practice?

C. 3-minute breathing space

1. How did you feel after doing the 3-minute breathing space?

“Everything is created twice, first in the mind and then in reality.” ~Robin S. Sharma

2. Write your own instructions for taking part in a 3-minute breathing space.

3. When might it be helpful to use the 3-minute breathing space?



D. Doing things mindfully



Name some activities we can do mindfully.

E. Your gratitude notes

1. Write 2 tips for keeping a gratitude journal.

2. Write a few things for which you are grateful. Make sure you have read the tips first.



A. Avoidance

1. Complete the following sentences:

a) The thoughts I'd most like to get rid of are:

b) The feelings I'd most like to get rid of are:

c) The sensations I'd most like to get rid of are:

d) The memories I'd most like to get rid of are:

2. Name some effects of avoidance.



3. Tick the things you have done to try and avoid stressful thoughts and feelings:

- Distract yourself with things you can 'zone out' on, like TV or movies
- Withdraw from friends or family
- Avoid going out
- Be anti-social
- Stay off work often
- Avoid doing everyday things like paying bills or cleaning your house
- Be reluctant to go to events, parties, etc.
- Feel down and negative
- Worry
- Think about your past mistakes
- Fantasising about the future
- Imagining escape scenarios (e.g. leaving your job or your partner)
- Imagining revenge scenarios
- Thinking 'It's not fair ...'
- Blaming yourself or others for the way things are
- Talking negatively to yourself
- Analyse everything, trying to figure out why you are like this, why things are as they are
- Use food, drink or substances to try and make yourself better
- Feel guilty about decisions made
- Cause fights / arguments with friends or family



A. Stress responses

Name 2 ways we can stop stress responses.



B. Foods that can help reduce stress

Circle the ones you will include in your diet:



A. Mindfulness techniques

Tick the mindfulness techniques.

- Accept the presence of the emotions without judgment and let them go.
- Notice sights, sounds, smells, tastes, and touches.
- Mindfulness is a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.
- Do everyday tasks while ignoring all the sights and sounds around you.
- When practising mindfulness, allow thoughts to come and go without judgment and return to your focus on breath.
- Cope with cravings (for addictive substances or behaviours) and allow them to pass.
- All mindfulness techniques are a form of meditation.
- Be judgemental about your thoughts - tell yourself that you must stop bad thoughts!
- Allow emotions to be present without judgment. Practise a steady and relaxed naming of emotions: "joy," "anger," "frustration."



WEEK 7

A. Walking meditation

How did you feel after doing the walking meditation?

B. Taking care of me

Think about these questions below:



- What things make me feel good?
- What things make me happy to be alive?
- What things make me feel good about myself?
- What things make me feel drained?
- What things make me feel depressed or anxious?
- What things do I dread facing?
- In accepting things I cannot change, am I increasing the things that make me feel good and decreasing those things that make me stressed?
- Am I being present in more of my moments?
- Am I intentionally practising mindfulness in everyday life?
- Am I trying out different mindfulness tools to see what works best for me?
- Am I taking care of myself in other areas of life, e.g. balanced healthy diet, daily physical activity, being sociable, etc.?

