

WORKSHEET 1.3:

WHAT IS MINDFULNESS & BREATH AWARENESS



What is mindfulness?



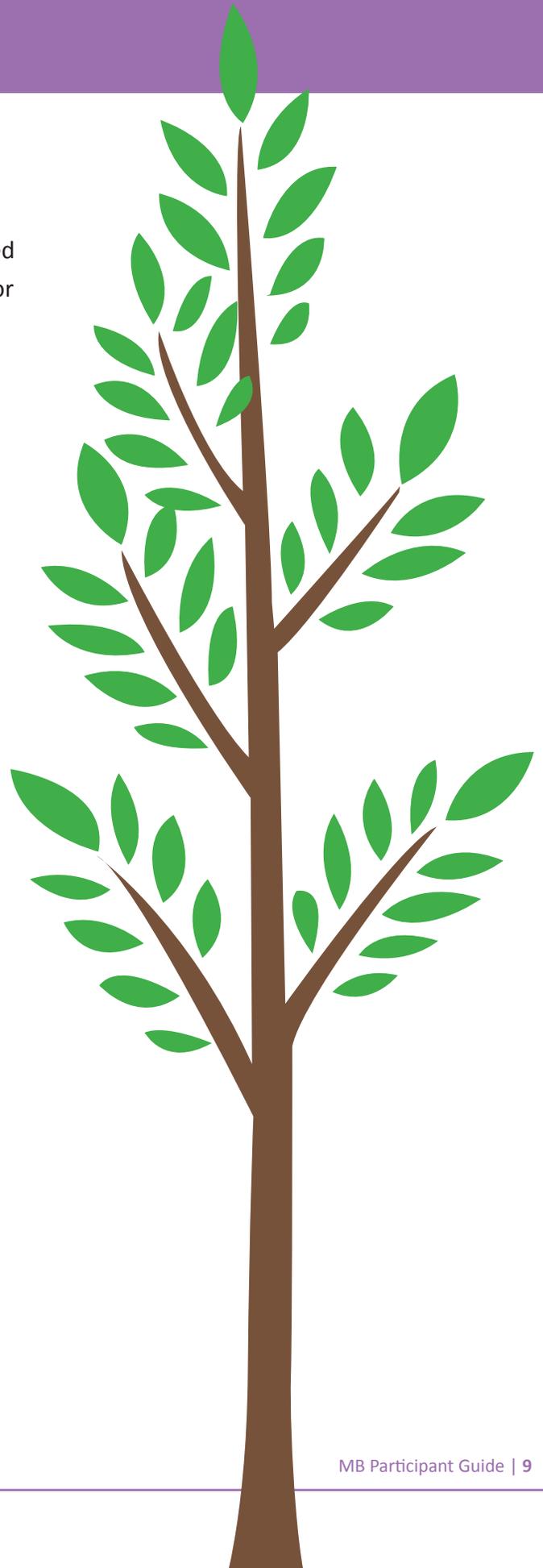
Breath Awareness

- *Check in.* We can begin by just taking a few moments to arrive and settle in to where you are seated, bringing your awareness into your mind and body. Allow your eyelids to become heavy, softening your gaze or bringing them to a closed position, if that is comfortable for you. Acknowledge how you are feeling and let it be.
- *Gently shift your attention to your breath.* Pay attention to the fact that you are breathing, being aware of the movement of your breath as it comes into your body and leaves through the nose or mouth. Simply notice how it feels to be breathing, right now, in this moment.
- *Take mindful breaths.* Without feeling the need to change the breath in any way, pay attention to the sensation of the breath entering the nose, the rise and fall of your chest as the lungs expand and relax. Notice if you can feel the breath in, around, and in the deepest part of your belly. Feel the belly expand as you breathe in to your whole body, and fall back toward your spine when you breathe out.
- *Notice the wandering mind.* If you find yourself getting distracted by an unrelated thought or sound somewhere in the room, without judgment, gently guide your attention back to your breathing, back to observing how it feels to draw the breath in and out of your whole body.
- *Slowly return to the room.* At your own pace, normally and naturally take 3 more full breaths in and out [pause to give them time for these breaths]. When you are ready, on the next breath in, let your eyelids drift apart and open, returning to the room and the present moment. And give yourself a moment to think about how this practice felt to you - focusing just on your breath for a couple of minutes.

WORKSHEET 2.3: MINDFULNESS PRACTICE

BODY SCAN PRACTICE

Begin by bringing your attention into your body
You can close your eyes if that's comfortable to you
You can notice your body, seated, wherever you're seated
Feeling the weight of your body, on the chair, on the floor
And take a few deep breaths
And as you take a deep breath
Bring in more oxygen and livening the body
And as you exhale
Have a sense of relaxing more deeply
You can notice your feet on the floor
Notice the sensation of your feet touching the floor
The weight and pressure, vibration, heat
You can notice your legs against the chair
Pressure, pulsing, heaviness, lightness
Notice your back against the chair
Bring your attention into your stomach area
If your stomach is tense or tight, let it soften
Take a breath
Notice your hands
Are your hands tense or tight?
See if you can allow them to soften
Notice your arms
Feel any sensation in your arms
Let your shoulders be soft
Notice your neck and throat
Let them be soft, relaxed
Soften your jaw
Let your face and facial muscles be soft
Then notice your whole body present
Take one more breath
Be aware of your whole body, as best you can
Take a breath
And then when you're ready you can open your eyes



WORKSHEET 3.6: MINDFULNESS PRACTICE

WALKING MEDITATION



Adapted from Bardacke, N. (2012). *Mindful Birthing*. New York, NY: HarperCollins Publishers.

Find a place
where you can
walk 10 paces or
go outside for a
walk

Before you begin walking, take a deep breath and relax your body
Let your arms hang loosely at your sides or clasp your hands in front or behind you (whichever is most comfortable)
Soften your gaze (not at any fixed point)
Then begin to walk, slowly
Bring your awareness first to your feet...

GROUND

Bring your awareness to the sensations of your feet and legs, starting with the soles of your feet, as each heel touches the ground, then the base of the foot, then the toes, and then as they lift
You can actually say to yourself, “heel, foot, toes, lift”
This is a way to connect the action of walking in the present moment

COME TO
YOUR SENSES

Walk slightly slower and begin to open your awareness to all your senses, one by one
Sight, sound, taste, feeling, smell
See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness or breeze on your cheeks, smell the air
Then stop for a moment and see if you can take in all the senses

SAY A HELPFUL
PHRASE

Recite some sayings while taking a few steps
For example, take a few steps and, during an in-breath, say to yourself, “Breathing in, I have arrived, breathing out, I am home”
Or, “Breathing in, I calm my body, breathing out, I relax”
Or make up your own sayings

WORKSHEET 4.3: MINDFULNESS PRACTICE

LEAVES ON A STREAM

Adapted from Harris, R. (2009). ACT Made Simple. Oakland, CA: New Harbinger Publications, Inc.



Find a comfortable seated position with your back straight and shoulders relaxed. You can let your eyes gently close if that is comfortable for you. If not, look at a spot nearby slightly in front of you.

Imagine you are sitting near a stream. The water is flowing by you. There is a big tree next to the stream. Now see leaves floating down the stream. They can be any shape, color, or size.

As thoughts come into your mind, notice each one and place it on a leaf and watch it float away. It doesn't matter if the thought is helpful or unhelpful. Place it on a leaf and let it float by. You do not need to hold onto any of the thoughts, and you can let the leaves float at their own pace.

If your mind says, "This is dumb," "I'm bored," or "I'm not doing this right," place those thoughts on leaves too, knowing that there is no right way to do this. Simply noticing what arises in your mind and noticing that it also passes by.

If you notice yourself becoming distracted, gently bring your attention back to the stream.

When you are ready, gently bring your attention back to the room.



WORKSHEET 7.3: MINDFULNESS PRACTICE

WEB OF LIFE

Adapted from Stahl, B. & Millstine, W. (2013). Calming the Rush of Panic. Oakland, CA: New Harbinger Publications, Inc.

Begin by checking in. Begin by taking a few moments to arrive and settle in by bringing your awareness into your mind and body. Acknowledge how you are feeling and let it be.

Gently shift to mindful breathing, being aware of breathing in and out. Just breathe in and out, normally and naturally.

Shift attention to where you are sitting. Begin to feel the connection of your body on the chair, cushion, bed, or mat, and feel its connection to the floor. Reflect on the connection of the floor to the building you are in and its connection to the earth farther below.

Let your awareness expand to include the earth below you. Feel that sense of being held by the earth below you, and just allow yourself to be held by the earth. You are in a safe space and you can breathe in and out with ease in your body and mind.

Feel how the earth rises up to hold and embrace you. There is nothing more you need to do, nowhere you have to go, and no one you have to be. Just being held in the heart of kindness and letting be.

Bring to mind someone you would hold this way. Think about other loved ones being held in the same way—with safety and ease of body and mind. Notice how thinking of these loved ones makes you feel, and try to hold onto that feeling for the rest of this exercise.

Reflect on how this earth holds all people, whether they are acquaintances, strangers, or people who test your patience—with no bias, no discrimination or judgment. Reflect on how this earth connects us all, and is connected to a solar system and universe. We all are interconnected. Our bodies and the earth, the sun and the stars, are composed of the same matter—the same basic particles, joined in different ways. Feel that sense of connection that we are all made of stardust. Feel that sense of being home within your body and mind with a true sense of belonging and connection.

Let well-wishes form. We will call these loving kindness phrases. Remind yourself that:

WORKSHEET 7.3: LOVING KINDNESS PHRASES

- We all belong in this universe and we all want to feel a sense of belonging.
- We all deserve to be loved; may we love ourselves and love others.
- We all deserve to be safe and protected; may we be safe and protected, and may we protect others.
- We all deserve to be nourished and healthy; may we seek health and nourishment, and may we nourish others.
- We all deserve to be at peace; may we be at peace with ourselves and bring peace to others.

Return your attention to the breath. Just breathing in and out, feeling the grace of this universe—no isolation or separation, feeling that sense of connection and being at home in your being. Nothing more you need to do, go, get, or push away. Imperfectly perfect as you are, resting in the heart of this universe.

Continue letting well-wishes form toward yourself as you bring your attention back to the room. We will call these our loving kindness phrases; you can repeat these to yourself at any time you feel they might be useful for you.

