

Date	Unit One	Listen to:		Meditations		Everyday Mindfulness Practices	
Unit One: Introduction to Mindfulness and Getting Started (6 minute 'Welcome' video' plus 27 minutes of presentations in the 'Mini-Taster' course, plus 31 minutes of presentations in Unit 1 (plus 8 minute 'Mindfulness of Breath Meditation)).							
	Day 1	- Welcome video (6 mins)					
		<ul style="list-style-type: none"> - What Exactly is Mindfulness (11 minutes) - A Little Extra on 'What Exactly Is Mindfulness (4mins) 				<ul style="list-style-type: none"> - Many people learn best if they reflect on what they are learning. I encourage you to use your Workbook and Journal for your reflections if this would be helpful for you. - The first activity in your Journal, after you have watched the first two videos, is to identify your goals for doing this course on P.2, and what would be the earliest and smallest signs of change. - Having completed your goals and early signs, then use P.4 for your thoughts and reflections about the first two videos. 	
	Day 3	<ul style="list-style-type: none"> - What Exactly Do You Do When You Do Mindfulness? (4 mins) - A Little Extra on 'What Exactly Do You Do When You Do Mindfulness Meditation' (10 mins) 				<ul style="list-style-type: none"> - Aim to do Mindfulness meditation practice for at least 5 minutes, once or twice a day, but even 30 seconds meditation practice is better than no practice at all. - Use your journal for reflection for all the videos from now on 	
	Day 5	<ul style="list-style-type: none"> - A Short and Simple Mindfulness Meditation To Try (7 mins) - Some Myths About Mindfulness (6 mins) 		5-minute Breath Counting Meditation once or twice a day		“	
	Day 8	- Practical Tips (9 mins)		“		“	

	Day 9	- A simple Everyday Mindfulness Practice to try (5 minutes)		“		Notice randomly throughout the day ‘Where is my mind right now – in my head or in the ‘real world’ ? - in the past, the present or the future?	
	Day 10	- Mindfulness of Breath Meditation (8 mins)		5-minute Mindfulness of Breath Meditation		If you would prefer to try the 10-minute Mindfulness of Breath meditation, by all means do so.	

Unit Two: Being In and Returning to the Present Moment (29 minutes of presentations)							
	Day 1	- Being in the Present Moment (9 minutes)		5-minute or 10-minute 'Mindfulness of Breath' meditation		- Notice and name "mind-wandering"	
	Day 3	- Returning to the Present Moment (10 minutes)		5-minute Body Scan		<ul style="list-style-type: none"> - Identify a trigger / signal to remind you to check in for your Mindfulness micro-breaks - Identify at least one 'pocket of now' that you can enjoy daily. Experiment with a different one each day. - In any stressful or distressing moments, practice 'Dropping an Anchor' 	
	Day 4	Building a Daily Mindfulness Practice (10 mins)		"		Identify the best time of day (for you) to do your daily Mindfulness meditation practice. Experiment with this until you find a routine that works for you.	
	Day 5			"		"	

Unit Three: Attitudes of Mindfulness (24 minutes of presentations)							
	Day 1	- The Importance of Intentionality (8 mins)		Try out the 'Mindful Movement' sequence and see if this is something you'd like to include in your regular Mindfulness practice		<ul style="list-style-type: none"> - 'Notice and name' your level of intention regarding doing your Mindfulness meditation today. You may like to try doing this with other tasks you need to complete today also. - Continue to tweak your daily routine if needed in order to establish a workable daily meditation routine. 	
	Day 2			"		"	
	Day 3	- Attitudes of Mindfulness (11 mins)		10-minute Body Scan		<ul style="list-style-type: none"> - Choose one or two of the Attitudes of Mindfulness to keep as a key focus for the coming week. <p>"</p>	
	Day 4	- The Benefits of Mindfulness (5 mins)		"		<ul style="list-style-type: none"> - Take some time to jot down in your journal any small changes <u>you</u> are beginning to notice in <u>your</u> life. 	
	Day 5			"			

Unit Four: Mindfulness of Thoughts (32 minutes of presentations)							
	Day 1	- Mindfulness of Thoughts (9 mins)		20-minute Mindfulness of Body and Breath meditation		<ul style="list-style-type: none"> - Identify unhelpful thought patterns, and when you spot these 'notice and name' them - Experiment with the 'Thank you Mind' technique - As you do your meditation practice this week, notice 'thinking' as it arises, or 'planning' or 'worrying' – or whatever particular recurring thought patterns you have. Just 'note' these thought patterns – silently 'notice and name' them. 	
	Day 2			“		“	
	Day 3	Critical Self-talk (12 mins)		'Loving Kindness' Meditation		<ul style="list-style-type: none"> - Practice the “3 Things” exercise –each day identify 3 things you can pat yourself on the back for. The challenge is to find <u>small</u> achievements each day – if something was hard to do, or you thought it would be hard to do, or you didn't feel like doing it, or you did it a little better than usual, it counts . Be aware of the mind's tendency to 'discount' these small achievements (and use the 'Thank you Mind' technique to let go of the 'it doesn't count' thoughts). - Experiment with “Naming the story” – Naming 'themes' or stories that you tell yourself frequently e.g. “The 'You're a Loser' Story” without judging, with a bit of a smile, with patience, but with slight amusement – like “Whatever” (as for the “Thank you Mind” technique). Also Experiment with 'Funny voices' or putting the unhelpful thought to music 	
	Day 4	Strategies for Dealing with Judgment (11 mins)		20-minute Mindfulness of Body and Breath meditation You might also like to try the compassion meditations by Julian Walker or others		<ul style="list-style-type: none"> - Practice 'noticing and naming' judgments and comparison thoughts - Experiment with changing 'requirements' to 'preferences' – “I would have preferred that ...” - Experiment with describing instead of labelling – using objective, non-judgmental, non-emotional words. 	

					<ul style="list-style-type: none"> - Experiment with ‘noticing and naming’ self-righteous indignation (S.R.I.) and with asking yourself ‘Would I rather be ‘right’ or happy’? - Continue practising the Mindfulness of Body and Breath meditation, but particularly noticing any time that judgment thoughts arise. And remember not to judge yourself for judging. 	
	Day 5			Experiment with meditating on your own, without guidance	<ul style="list-style-type: none"> - You might like to choose one or two new ‘Attitudes of Mindfulness’ to keep as a key focus for the next week, or if you are still getting benefit from the one/s you first chose, recommit to maintaining a focus on them again for the coming week. 	

Unit Five: Mindfulness of Emotions (34 minutes of presentations)						
	Day 1	Mindfulness of Emotions (10 mins)		10-minute Body Scan meditation at least once, preferably twice a day.		
	Day 2	Mindfulness of Emotions Experiential Exercise (18 mins)		This video incorporates a ‘Mindfulness of Emotions’ meditation.	<ul style="list-style-type: none"> - You may like to try out the 10-minute ‘Labelling Emotions’ meditation also – See the ‘Resources’ Section for this Unit. 	
	Day 3	Mindfulness of Emotions – Everyday Mindfulness Tools (6 mins)		20-minute ‘Mindfulness of Breath’ meditation – in the pauses, notice and name feelings if feelings arise	<ul style="list-style-type: none"> - Experiment with naming your emotions, any time you are experiencing heightened, unhelpful emotions. Notice the effect this has on how you feel. Remember to ‘language’ this in an observer-stance way, for example ‘There is anger’ or ‘There is frustration’. <p>Experiment with working through all the steps of Acceptance of Emotions: OBSERVE Notice where and how you feel the emotion in your body; NAME the emotion; BREATHE and Make Space for the emotion. Breathe into the physical sensations in your body. Breathe into and around the emotion, and any thoughts associated with the emotion; ALLOW the feelings to be there. Make peace with them; WIDEN your focus. Take in the sounds and sights around you and feel the physical</p>	

					sensations of being fully present, here, now; RE-ENGAGE with the 'task at hand'	
	Day 4	Secondary Emotions (8 mins)		Try using short meditations as needed during the day e.g. STOP, 3 minute Breathing Space, Meditation in a Moment	- See if you can identify times when you are having unhelpful secondary emotions. Notice the interpretation or judgment that is leading to a 'second layer of suffering'. Experiment with letting the interpretation go and using the 'acceptance of emotions' process on the primary emotion. Notice what difference this makes. In particular notice and name judgements	
	Day 5			"	- Continue to practice 'noticing and naming' your emotions, including unhelpful secondary emotions, and practice using the 6 steps of Acceptance of Emotions.	

Unit Six: Getting More Out of Life with Mindfulness (35 minutes of presentations)						
	Day 1	- Taking in the Good (14 mins)		Listen to Rick Hanson's short 'Taking in the Good' meditations.	<ul style="list-style-type: none"> - Set yourself a target for 'Taking in the Good' each day – whether it be 2 times or 10 times. See if you can extend the time you 'dwell' on these good experiences to 10 seconds or so. And the more often you practice this, the richer and more satisfying your life will feel. - You might like to listen to Rick Hanson's four guided meditations on 'Taking in the Good' focussed on Feeling Cared About (10 minutes), Love (8 minutes), Peace (4 minutes) and Contentment (4 minutes). You can access the folder containing these files here https://drive.google.com/drive/folders/1UocxNkW4_BTJ6GjS7ASRISPPi9y14qBR?usp=sharing - Watch the John Gottman Youtube if this is of interest to you. https://www.youtube.com/watch?v=AKTyPgwfPgg&t=203s 	

					<ul style="list-style-type: none"> - Look out for opportunities to ‘Pass on the Good’ – that is, offer appreciative comments and positive feedback to those around you. 	
	Day 2			Continue to experiment with meditating on your own, without guidance.	“	
	Day 3	- Savouring (13 mins)		Continue to experiment with meditating on your own without guidance, and using short meditations as needed during the day e.g. STOP, 3 minute Breathing Space, Meditation in a Moment	<ul style="list-style-type: none"> - If you enjoyed the Raisin Meditation you might also enjoy the chocolate meditation (http://franticworld.com/free-meditations-from-mindfulness/) - The ‘Three minute breathing space’ meditation http://franticworld.com/free-meditations-from-mindfulness/ - Four minute STOP process https://www.youtube.com/watch?v=PhwQvEGmF_I – a short Mindfulness meditation process you can use any time you would find it useful in a short gap in your day. S:Stop T:Take a breath O:Observe your thoughts, body sensations, feelings P:Proceed – carry on with your ‘task at hand’. - https://www.youtube.com/watch?v=F6eFFCi12v8 Meditation in a moment. A very brief but concise animated youtube (6 minutes) introducing a one-minute meditation of the breath - If you haven’t already been doing this, try the ‘3 things’ exercise - Keep a gratitude journal: at the end of each day identify at least 3 things you appreciated that day - Consider signing up to the 100 days of happiness project or similar challenges, or set your own challenge to capture a photo on your phone each day that represents something you are grateful for or that makes you feel happy or appreciative - Intentionally choose to slow down and savour good moments during your day. 	
	Day 4			“		

	Day 5	- Where to from Here (8 mins)		“		<ul style="list-style-type: none"> - Continue practicing all of the ‘Everyday Mindfulness’ practices introduced so far and - Consider choosing one Mindful Attitude each week to focus on as you continue to develop your Mindfulness habit in the weeks, months and years to come. - Identify what will help you to maintain your Mindfulness practice – are any of the groups or resources mentioned in the presentation of particular interest to you to follow up? If so, make sure that you follow this up soon. 	
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