



THE
HEADWISE
MEDITATION = GREAT MENTAL HEALTH
PROGRAMME

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Stepping Out of Automatic Pilot

We will start by turning off what we call “auto-pilot” by turning on mindful thinking.

Mindfulness will help you to switch on your brain and become fully conscious of what you are doing. It will help you to connect with how you feel as you do each activity. It’s important to remember that a certain amount of auto-pilot is useful – it gets the job done – but it’s important to learn how to switch it off. Auto-pilot can be unsuitable for managing your emotions and it can lead to a loss of concentration and inability to study.

Please play the Routine Activity Audio File now.

MINDFUL EATING

Mindful eating is the way in which we deliberately take notice of how we eat. We notice the sensations involved in eating. We notice the taste, the smell, the texture of the food, and our response to these sensations.

When we are eating, our mind tends to wander. If this happens during this exercise, deliberately bring your mind back to the process of eating. The act of focusing your attention on the food that you are eating is an important part of mindfulness.

Please play the Mindful Eating Audio File now.

ACKNOWLEDGEMENT AND RECOGNITION

In order to fully experience whatever is going on in the present moment, you have to acknowledge that it's there. If your mind is thinking about something else, then you aren't really aware of the current moment, which is why mindfulness requires focus.

To be mindful, rather than running away from your feelings, you need to start by acknowledging your emotions. Just doing this can often reduce the intensity of negative feelings. In the next exercise you will learn how to do this.

Please play the Acknowledgement and Recognition Audio File now.

Reconnecting with Body

THE BODY SCAN

One of the most effective ways to reconnect with your body is to perform the body scan. This can be done when lying down, standing up or sitting down. Scanning the body allows you to take note of the bodies reactions or sensations. When we are being mindful, we remain in touch with our experiences as they are happening to us.

Please play the Body Scan Audio File now.

MINDFUL WALKING

Take a few minutes and think about walking and the way in which you do this. The next time you are walking ask yourself some of the following questions:

How do I walk? Do I walk fast or slow? Is it hard or easy for me?

Please play the Mindful Walking Audio File now.



Reconnecting

The next exercise is about reconnecting with your breath. There are many ways to become more mindful of your breathing. This means you that you take note of the rhythm of your inhalation and exhalation. You are not altering your breath, but instead watching the way your lungs fill with air.

Please play the Mindful Breathing Audio File now.

Working with Difficulties

MANAGING STRESS

We have all been stressed or anxious at one point or another in our lives. Stress is our bodies' way of dealing with a threat. Mindfulness enhances relaxation and turns off the automatic stress response in difficult situations.

Please play the Managing Stress Audio File now.

THE THREE MINUTE BREATHING SPACE

The three minute breathing space was developed as a part of mindful therapy and it can be used by anyone who wishes to be mindful. It is not unusual for people to take a breathing space for a few minutes during their day.

Start with awareness of your whole body right at that moment, in other words, how you are in the present.

Bring your awareness to the smallest part of your abdomen where your breathing begins.

Open your awareness again, bringing it back to your whole body thus creating the warm calm sensation you need.

Please play the Three Minute Breathing Space Audio File now.

Congratulations and well done for having completed your mindfulness course. Log in anytime you want to revisit any of the exercises. Best of luck for the remainder of the year.

