

# Invitation to Practice

## AWARENESS

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- Open the **healthyminds HM** program **AWARENESS/ PART 3 SELF-AWARENESS**
- Choose a **SERIES** to practice: 1,2 or 3
- Choose **TYPE** of Practice: Sitting or Active
- Choose **MINUTES** of Practice: 5 - 30 minutes
- Reflect on the practice using suggested **Journal PROMPTS**

### SERIES 1: Developing Self-Awareness

*Self-awareness gives us a new set of tools to manage thoughts and emotions in a skillful way.*

#### Practice: Stepping Out of the River

*It is common to resist thoughts during meditation. Instead try to open up to them and get curious and watch as they come and go.*

#### Journal PROMPT

*Reflect upon an upcoming situation and set an intention to be aware of your thoughts, expectations, and judgements.*

#### Practice: Mindfulness of Emotions

*Mindfulness has been shown to calm the "default mode network" in the brain, which is associated with mind-wandering and rumination.*

*How will you be aware of your emotional state in challenging situations?*

#### Practice: Thoughts Emotions and the Breath

*Using breath as an anchor, we can bring mindful awareness to our thoughts and feelings.*

*Think of a specific upcoming situation and set a clear intention to be aware of your inner critic. Just notice the critic, not make it stop.*

### SERIES 2: In the Driver's Seat

*You can learn to create some space around your impulses and reactions, so they don't hijack your mind.*

#### Practice: Weather Clock

*When thoughts and emotions overwhelm us, it can help to pause for a few deep breaths before resuming the practice.*

#### Journal PROMPT

*When does your mind gravitate to something positive? What does it feel like to see the positive in someone else?*

#### Practice: Stepping Out of the River

*Pause and notice what you are thinking and feeling using three simple steps.*

*How do you set a clear intention to be aware of the state of your mind, especially when you transition into a new activity?*

#### Practice: Mindfulness of Emotions

*You don't have to control or stop your thoughts or emotions. Just notice what's happening. Know that your mental state is shaping your experience.*

*How are your thoughts, feelings and actions influencing how you are seeing the world? Seeing people around you?*

### SERIES 3: Finding Balance

*Bringing awareness to thoughts and emotions rewires the brain to be more balanced and less reactive.*

#### Practice: Thoughts Emotions and the Breath

*Changes take time. Be patient with yourself as you slowly learn and practice these skills.*

#### Journal PROMPT

*Pick one thing you spend a lot of time doing. What are your thoughts & feelings before, during and after this activity?*

#### Practice: Weather Clock

*Checking in on our current mental and emotional state can be used to support mindfulness awareness.*

*How possible will it be for you to take short moments throughout your day to check on your state of mind?*

#### Practice: Stepping Out of the River

*You don't have to catch every thought and emotion, just this one that's occurring right now in this moment.*

*What are you noticing around you right now? Can you notice a subtle sense of liking or not liking this experience? Or neutral?*

