

MINDFULNESS STRESS REDUCTION PROGRAMME

~ 7 KEY PRACTICES ~

Caution! Please be advised

Listen to the audio's, and do your practice:-

~ In a safe and comfortable place where you won't be disturbed

~ At times of day when you're not too tired

~ Only at dedicated times when you're focused solely on the practice, and not doing anything else at all

~ Do not use these practices while driving or in any situation where you need to pay full attention

These are the audio recordings:-

Introduction

HerePRESENT	(3 mins)
MindPAUSE	(10 mins)
ThinkAWARE	(15 mins)
FeelAWARE	(15 mins)
SoundAWARE	(10 mins)
MoveAWARE	(15 mins)
BodyAWARE	(23 mins)

What is Mindfulness?

Mindfulness is about paying attention moment to moment in a non-judgemental way, with awareness of thoughts, feelings and sensations, so that you can see rather than having to be carried away by them - and be free to choose to let them go. Regular practice with these audio's will show you how to be Mindful – and how you add to your stress unnecessarily. This will help you to be Mindfully Aware, to take care of yourself and let go of stress more of the time.

When we begin practicing, we get a glimpse of what it would be like to be more Mindful. Sometimes it does take a while for all the benefits to begin to sink in. On the other hand many people feel an immediate benefit. You are what you practice, so if you practice being more Mindful, you will become more Mindful, and learn to let go of stress. You may find that after a while, you don't need to listen to the audio practices to help you stay focused on doing the practice. To practice being Mindful, it is enough to sit, or walk or lie in silence with the intention of being Mindful. Anything we do in everyday life, can be done more Mindfully. Each moment of Mindfulness is a moment of presence – reclaimed – when we're really here, really alive.

Each new moment is a chance to be Mindfully AWARE – to take care of yourself and let go of stress. These audio practice's will help you to understand your mind, and let go of your stress in a completely new way.

PRACTICE GUIDE

Start with the Intro and play this often to be sure you know what you're doing and why you're doing it.

HerePRESENT, MindPAUSE and the SoundAWARE practices will help you to get used to being focused on the present moment. Use them often.

In addition, if you think your stress mainly concerns your thoughts and feelings, then use the ThinkAWARE and FeelAWARE practices daily.

If you think your stress is primarily centred on your body and physical reactions and sensations, then focus daily on the BodyAWARE and MoveAWARE practices.

If you're not sure where your stress is, that's OK, over a 2 week period practice daily a variety of the audio practices and discover what combination of them works best for you.

Mindful awareness will give you greater choice and flexibility, and this sense of freedom will enable you to let go of the stress the mind creates for you.

As you become more aware, not only will you suffer less stress you will no doubt become more calm and relaxed too.

This is the great bonus of Mindfulness - you really will be more at peace with yourself.

The idea is to get used to practicing regularly, and gradually build up a store of direct Mindful experience. This will help you to recognise, accept, investigate and observe your stress in a completely new and far less stressful way.

*This is not the usual 'relaxation tape' kind of approach where you passively get lulled into a state of relaxation, it is for you **actively** to develop your AWARENESS. And, as you become more aware, you will no doubt become more calm and relaxed. It's one of the great bonuses of being Mindful.*

WHAT ARE THE AUDIO PRACTICE'S?

Introduction

This is the first audio to listen to about why and how we're doing these practices to learn to be Mindful

*START YOURSELF OFF BY LISTENING TO THE INTRO A COUPLE OF TIMES.
THEN FOLLOW THE GUIDE ABOVE.*

- Practice* **HerePRESENT** (3 mins)
How to be Mindfully awake to the reality of each fresh moment
- Practice* **MindPAUSE** (10 mins)
How to Mindfully pause, check in and expand your awareness of the present moment
- Practice* **ThinkAWARE** (15 mins)
How to be Mindfully aware of the thinking mind, observe and let go of thoughts
- Practice* **FeelAWARE** (15 mins)
How to be Mindfully aware of feelings and take good care of them
- Practice* **SoundAWARE** (10 mins)
How to be Mindfully aware of the direct experience of sound and let go of what the mind says about that experience
- Practice* **MoveAWARE** (15 mins)
How to be Mindfully aware of yourself when you're moving around
- Practice* **BodyAWARE** (23 mins)
How to be Mindfully aware of your body and let go of physical sensations

WHAT DO I DO AFTER I'VE DONE THE PRACTICE A FEW TIMES?

Take whatever time you need, to do your practice. *There is no end-point.*

Wherever you are, whatever you're doing, the aim is to learn how to *practice* being Mindful. *You are what you practice.*

If you can bring Mindfulness into your life, you'll benefit by reducing your stress and by being more aware in your wider world too. *No need to try hard.*

Maybe you can set aside a little time to practice each day. *Just learning to be aware.*

And you can practice in everyday life. *Seeing all there is to see.*

Everything you do is an opportunity for practice. *Hearing all there is to hear.*

Practice may not make you perfect. *Feeling all there is to feel. But it will make you alive to this moment.*

NOTE ABOUT YOUR PRACTICE

- Doing the 7 practices will help you see how your mind works – how you add to your stress unnecessarily.
- Practicing will help you to be Mindfully Aware, to take care of yourself and let go of stress more of the time.
- When we begin practicing, we get a glimpse of what it would be like to be more Mindful. Sometimes it does take a while for all the benefits to begin to sink in.
- On the other hand many people feel an immediate benefit.
- You are what you practice, so if you practice being more Mindful, you will become more Mindful, and learn to let go of stress.
- You may find that after a while, you don't need to listen to the audio practices to help you stay focused on doing the practice.
- To practice being Mindful, it is enough to sit, or walk or lie in silence with the intention of being Mindful.
- Anything we do in everyday life, can be done more Mindfully.
- Each moment of Mindfulness is a moment of presence – reclaimed – when we're really here, really alive.
- Each new moment is a chance to be Mindfully *AWARE* – to take care of yourself and let go of stress.

THE IMPORTANCE OF SILENCE

- Each practice on the audio has deliberate spaces of silence built in.
- These are not very long. They are there because silence is an absolutely vital and essential part of the practice of Mindfulness. Silence gives us 'seeing time'.
- Silence affects us in different ways.
- Sometimes it seems to still the mind and create a sense of peace.
- Sometimes it can create agitation and restlessness in the mind.
- The practice of Mindfulness is about being *AWARE* of whatever is there for you at any one moment. Just to observe and witness whatever shows up.
- So, if in silence, your mind becomes peaceful and still for a while, then you can use the stillness for calm reflection.
- If your mind becomes agitated, wandering or troubled and turbulent – which it often will – then there won't be the stillness on which to reflect. Nevertheless, even if there is no stillness, you can still look deeply and calmly at the agitation, wandering and trouble, just as it is.

For many people, silence is hard – we're always trying to fill silences to cover unrest, embarrassment and uneasiness. Willingness in the practice, to go towards and embrace silence, to notice and acknowledge the way your mind is working, is all we're trying to do.