



Be Mindful
Online Mindfulness Course

Course Intro Pack

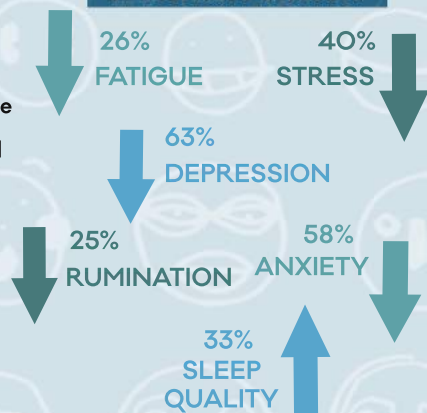


Key course features:



- ✓ Fully online course of mindfulness (MBCT)
- ✓ Engaging videos & interactive sessions led by expert mindfulness trainers
- ✓ Follow the course via a web browser on any device, including your smartphone
- ✓ Take part with the confidence the course is evidence-based & NHS Approved
- ✓ Explore how mindfulness can reduce stress, depression & anxiety
- ✓ Track your progress on the course and notice any changes
- ✓ Enjoy many amazing mental health & wellbeing benefits in your daily life
- ✓ Follow the course at a pace that suits you, to fit in with your lifestyle
- ✓ Highly accessible & easy-to-follow with subtitles on all audio & video content
- ✓ Collect a library of mindfulness tools & exercises to keep

PROVEN EFFECTIVE
BY PUBLISHED RESEARCH



Read on to find out more, see inside the course & sample mindfulness practices...

Week 4

Module Theme: **Mindfulness in Daily Life**

Practices: **Stress Strategies - Activity Awareness - Breathing Space + Action Step**

Week 3

Module Theme: **Working with Difficulties**

Practices: **Breathing Space - Stress Awareness - Sitting Meditation**

Week 2

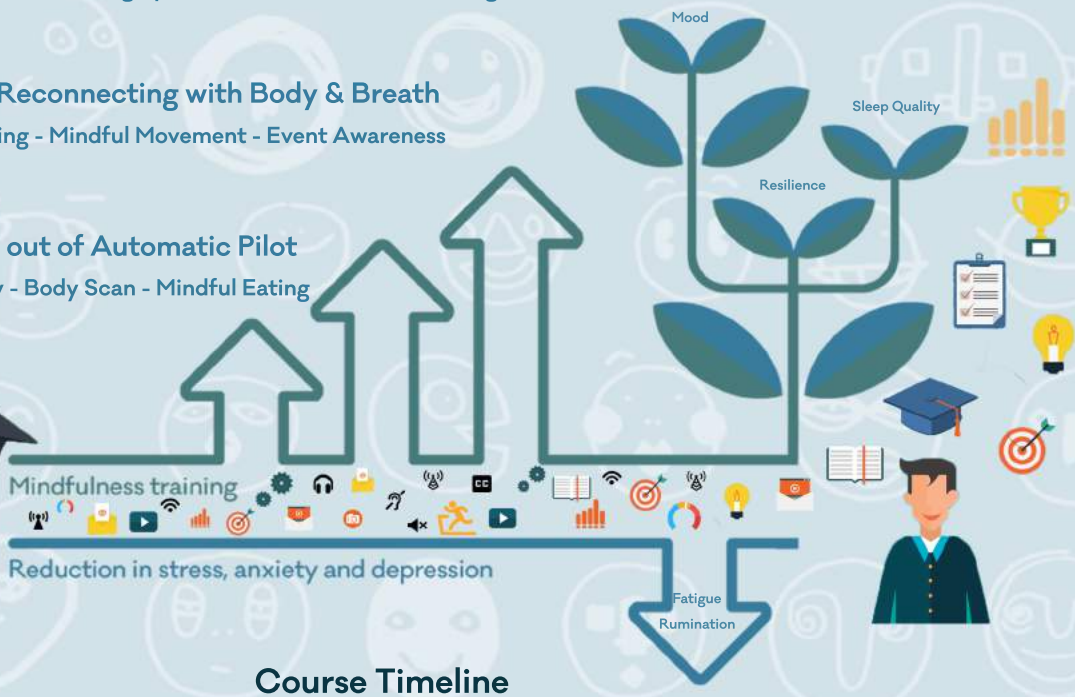
Module Theme: **Reconnecting with Body & Breath**

Practices: **Mindful Breathing - Mindful Movement - Event Awareness**

Week 1

Module Theme: **Stepping out of Automatic Pilot**

Practices: **Routine Activity - Body Scan - Mindful Eating**



Course Timeline



TODAY

Reconnecting with Body & Breath

WEEK
2

Day 1, Tuesday

Start this week of the course

Managing Your Course

Be Mindful
Online Mindfulness Course

- TODAY
- THIS WEEK
- DIARY
- LIBRARY
- OVERVIEW
- SUPPORT

Restart Week 1

Are you sure you want to restart the course at Week 1?
You will not be able to skip forward once this is done.

Restart Cancel

OVERVIEW OF COURSE

OVERVIEW

Getting Started
Includes: Introduction, Stress Assessment and Orientation

Week 1 Stepping out of Automatic Pilot
Includes: Routine Activity, Mindful Eating, Body Scan

Restart Week 1
You are here

Week 2 Reconnecting with Body and Breath
Includes: Mindful Movement, Event Awareness, Mindful Breathing

Week 3 Working with Difficulties
Includes: Breathing Space, Stress Awareness, Sitting Meditation

Week 4 Mindfulness in Daily Life
Includes: Activity Awareness, Breathing Space and Action Step, Stress Strategies

Going Forward
Includes: Review of Stress, Certificate and Additional Resources

LIBRARY

Your library will remain open to you after the course

| Action | Created | Item |
|--------|--------------|---|
| | 3 weeks ago | Sitting Meditation 📄 from Week 3, Day 1 |
| | 3 weeks ago | Dealing with Barriers 📄 from Week 1, Day 4 |
| | 9 weeks ago | Introduction to Course 📄 |
| | 5 months ago | Mindful Walking 📄 from Week 4, Day 4 |
| | 5 months ago | Breathing Space Instructions 📄 from Week 3, Day 1 |
| | 5 months ago | Mindful Movement 📄 from Week 2, Day 1 |
| | 5 months ago | Mindful Breathing 📄 from Week 2, Day 1 |
| | 5 months ago | Event Awareness Journal 📄 from Week 2, Day 1 |
| | 5 months ago | Mindful Breathing Instructions 📄 from Week 2, Day 1 |
| | 5 months ago | Body Scan 📄 from Week 1, Day 1 |
| | 5 months ago | Course Completion Certificate 📄 from Week 6, Day 1 |

You can **View** or **Download** an item by using the 'Action' buttons above.

THIS WEEK

Today
Session: Stepping out of Automatic Pilot

Tomorrow
Email: About Practising at Home

Friday
Session: Dealing with Barriers

Monday
Email: A Mindful Meal Anecdote

Your Assignments for this week

Body Scan
Open

Routine Activity
Open

Mindful Meal
Open

DIARY

Your diary is private and will remain open to you after the course

New Entry

| Action | Created | Entry |
|--------|----------|--|
| | just now | My Experience of Mindful Eating I've never really eaten anything mindfully before, which makes me feel like I've never REALLY tasted anything before |

You can **View** or **Delete** an entry by using the 'Action' buttons above.

Stepping out of Automatic Pilot

WEEK
1

Start this week of the course

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Stepping out of Automatic Pilot

Mindful Eating

Go now, we begin each by a short exercise.

Pause in video to get a raisin or similar

As discussed we are going to do some mindful eating together for which you will need to have a raisin or something similar like a small piece of fruit. If these are not to hand, a sweet will do, or anything small you can eat and hold in your hand.

This video pause is to give you time to get it.

I have it

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Stepping out of Automatic Pilot

Mindful Eating

Have a raisin on the palm of your hand.

Stepping out of Automatic Pilot

Take a moment to reflect on this question

What did you notice while you were eating mindfully?

Next

Here are some comments from other people trying this exercise

- I had lots of thoughts go through my mind - and hardly any of them were to do with the exercise! It felt like my mind was wandering a lot.
- I don't think I've ever really tasted a raisin properly before. It felt strange to eat it so slowly.

A Definition of Mindfulness

Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgementally

— Jon Kabat-Zinn

Review of Mindful Eating

In which we become more aware of what's happening

Dealing with Barriers

While others will say that their mind is constantly wandering

Relating with Barriers to Practice

Below are some typical things people report when practising the Body Scan. Do any of these look familiar?

Hover over the statements below for suggestions on how these might be handled

My mind is constantly wandering

I keep falling asleep

My body feels uncomfortable

I can't stop thinking

If there is noise or a distractor where you are practicing, that's ok. It's just another opportunity to be aware of how we react when things are not right.

The distraction can then become a valuable part of practice - we can notice the thoughts or feelings it creates.

I haven't a quiet place to practice

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Stepping out of Automatic Pilot

Good luck with your assignments, which you can see again by viewing what will be happening on the course.

THIS WEEK

Don't worry too much about getting the Body Scan right - just be curious about what happens - whatever your reaction is, just notice it.

We'll catch up with you again on Friday with a video about dealing with barriers to mindfulness.

Bye for now,

Tessa

Stepping out of Automatic Pilot

Your Assignments for this Week

Routine Activity

Choose one routine activity in your daily life and try to bring awareness to it each time you do it. It might be brushing your teeth, taking a shower, making coffee, starting up the computer. See if you can be really present, fully aware of what you are doing.

Body Scan

See if you can practise the Body Scan most days while listening to the audio track.

Mindful Meal

During the week, eat at least one meal mindfully in the same way that you ate the raisin in this online session. Bring your full awareness to the food and to the experience of eating.

Next

How to prepare for the Body Scan

- Find a place where you can be without being disturbed. It's comfortable lying down it practice sitting in a chair.
- If you lie down, make you comfortable on your back a mat or cushions, or lying with a blanket to keep warm.
- The point of the exercise is your body as it is, not need become relaxed. Think of to 'fall awake', rather than 'fall asleep'.
- See if you can bring an attitude of doing it - not expecting it to be a part of your practice.
- Duration: 30 minutes
- If you prefer not to practise this now, you can play or download the audio from your library after you've completed this session.

Open audio

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Stepping out of Automatic Pilot

Introducing the Body Scan

Next

Stepping out of Automatic Pilot

Introducing your Diary

On this course you have a Diary where you can keep a private record of what you do.

If you like, you can make your first diary entry about your experience of mindful eating.

Write a short title here

My Experience Eating Mindfully

optional

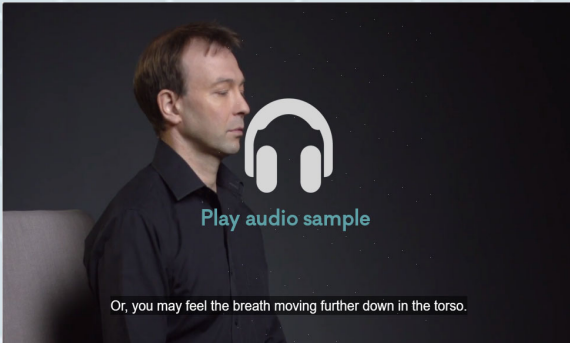
Write anything here

Save diary entry

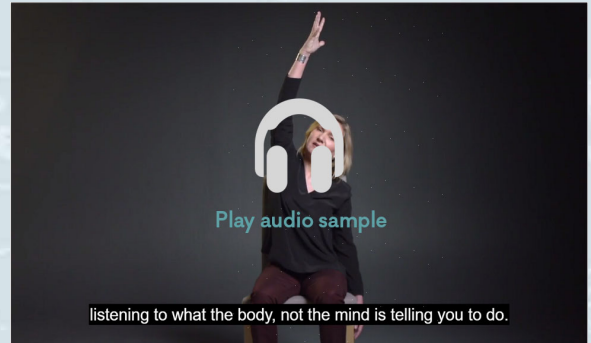
Sample Some Practices



Course Introduction Video



Mindful Breathing Guided Audio Practice



Mindful Movement Guided Audio Practice