



STEP BY STEP - DAY BY DAY

# I MIND DO YOU?

A 4 WEEK GUIDED JOURNEY TO BECOMING  
SELF-AWARE AND MINDFUL

**MINDFULNESS**

DOWNLOADABLE ONLINE COURSE

VISIT [WWW.THERAPYBYROBERT.COM](http://WWW.THERAPYBYROBERT.COM)



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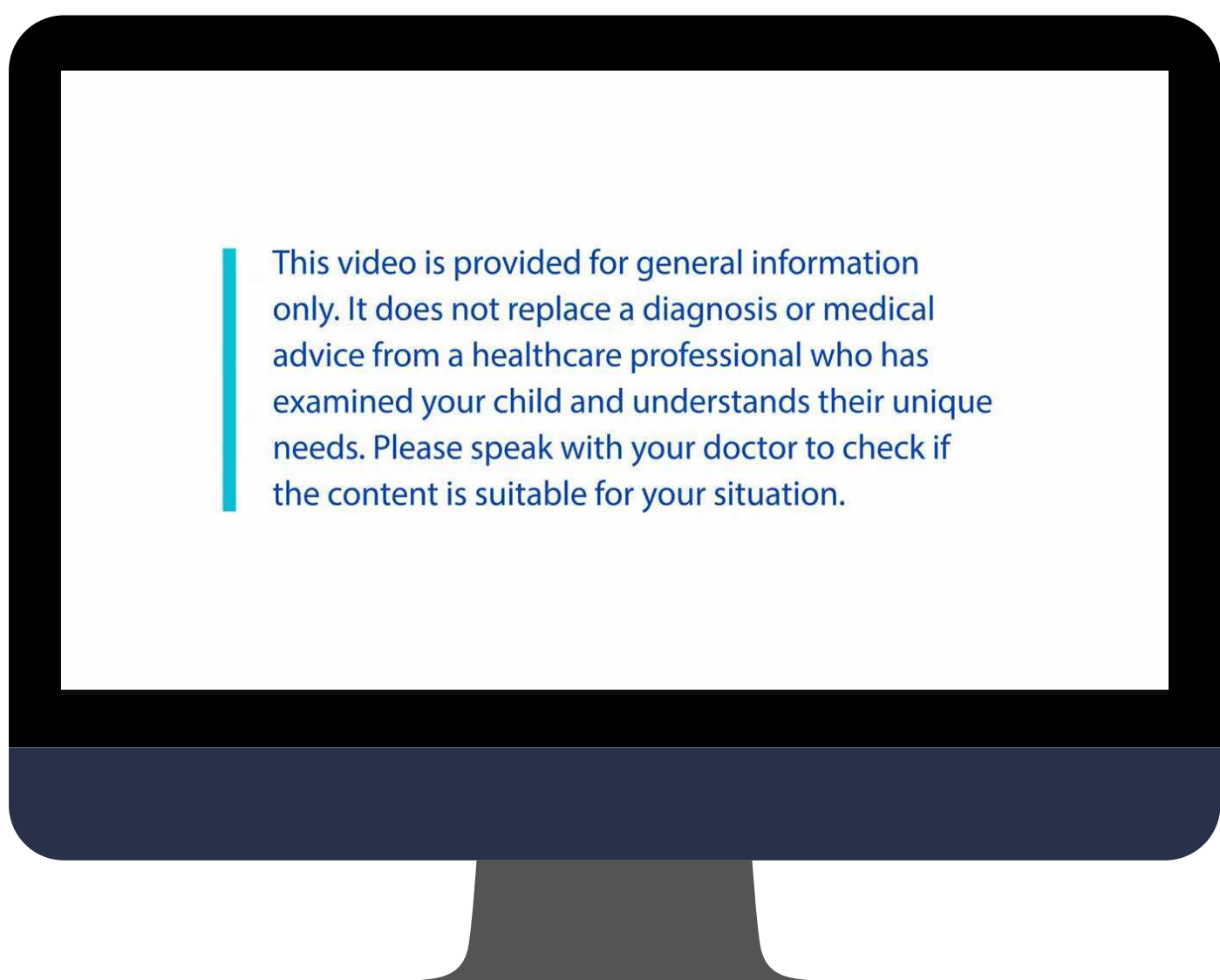


# WHAT IS MINDFULNESS?

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment."

It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs." Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment. "It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives.

A stylized illustration of a computer monitor with a dark blue base and a black frame. The screen is white and displays a disclaimer in blue text. A vertical teal bar is positioned to the left of the text.

This video is provided for general information only. It does not replace a diagnosis or medical advice from a healthcare professional who has examined your child and understands their unique needs. Please speak with your doctor to check if the content is suitable for your situation.



A person is seen from behind, wearing a blue and white striped sweater. They are standing in front of a large board covered with various papers, diagrams, and notes, suggesting a research or creative workspace. The text "RESEARCH ON MINDFULNESS" is overlaid in white capital letters on the person's back.

# RESEARCH ON MINDFULNESS





## WHAT CAN MINDFULNESS DO?

In our daily lives we are constantly bombarded with stimulus that sets our minds racing with endless amounts of unhealthy thought streams slowing us down in our ability to process everything that is going on in the present.

Mindfulness can teach us the ability to become aware of our thoughts in the moment allowing us to process them in the present without feeling the long term negative effects to our mental health.

## MINDFULNESS THERAPY CAN TREAT DEPRESSION AND ANXIETY

Although Mindfulness is pretty new(ish) to the table the research is very clear about the benefits it can have to our mental health and how we operate in the world around us.

Studies has consistently shown Mindfulness can have significant results in the promotion and maintenance of a positive healthy mindset including reducing anxiety and stress, increasing emotional awareness, combating depressive mindful attitudes and a whole other lot of positive mental health benefits.

## MINDFULNESS CAN HELP FIGHT DISEASE

A 2011 study published in A Psychiatry Research journal showed that mindfulness meditation changes the physical chemical structure of the brain and when scanned with MRI machines there was measurable growth in the hippo-campus (the area related to memory and learning) and A reduction of grey matter in the amygdala which is related to the area that is responsible for emotional related disorders such as stress, anxiety, depression ETC .

This was a game changer. We now know that we can change the physical structure of our brains simply by being aware of what our minds are focusing on in the present.

## MINDFULNESS CAN REWIRE YOUR BRAIN

That's what a team of Harvard Medical Student proved in 2009. They were looking at how meditation and mindfulness practices affect us on a genetic level;

What they discovered was huge.

It has been shown that stress is caused by an increase of hormones like cortisol and adrenaline,

Mindfulness however can counteract this. It can not only induce feelings of relaxation and calmness but turn off the genes that make a person susceptible to anxiety induced behaviours.



A photograph of a library interior. On the left, tall metal bookshelves are filled with books, their spines creating a rhythmic pattern. On the right, several incandescent light bulbs hang from the ceiling by thin black cords, casting a warm, yellowish glow. The background is softly blurred, showing more shelves and lights, creating a sense of depth. The overall color palette is dominated by the warm tones of the light and the cool blues of the shadows and book spines.

WHAT YOU  
NEED TO  
KNOW



# WHAT YOU NEED TO KNOW ABOUT PRACTISING MINDFULNESS

- You don't need to buy anything because you can practice anywhere. There's no need to go out and buy a special cushion or bench—all you need is to devote a little time and space to accessing your mindfulness skills every day.
- There's no way to quiet your mind. That's not the goal here. All you're trying to do is pay attention to the present moment with acceptance and self empathy.
- Your mind will wander. As you practice paying attention to what's going on in your body and mind, you'll find that many thoughts enter your head. Your mind might drift to something that happened yesterday but remember a wandering mind isn't something to fear. It's part of our human nature and it provides the magic for the essential mindfulness training where you can start to notice the different thoughts and feelings that come and go at any given moment.
- If you can start to notice that your mind has wandered, then you can consciously bring it back to the present. The more you do this, the more likely you are to be able to do it again and again and this helps us not slip back into autopilot mode so much.
- The second part of the puzzle is the “without judgement” part. We're all guilty of listening to the critic in our heads a little more than we should but when we practice mindfulness we can learn to choose how we look at things and react to them.
- When you practice mindfulness try not to judge yourself for whatever thoughts pop up. Make a mental note of them and let them pass in and out of your consciousness because we cannot control all of the thoughts that enter our minds so why should we feel guilty for them.
- Be wary of those who make claims to be experts on Mindfulness. Once someone claims they are, they stop exploring, they slow down their curiosity and that withers their openness to receiving new stimulus.
- Practice makes perfect - Your brain is literally reshaping itself when you practice mindfulness meditations but it has a lot of work to do to re-work all those years of judgement and reaction so a daily commitment is needed to develop your Mindfulness skills through practice and more practice.



# OBSTACLES

## OVERACTIVE MIND

While seemingly harmless on the surface hyperactivity in the brain can leave you feeling extremely anxious, mentally drained, and undeniably stressed. It will also hinder your mindfulness practice so use the following techniques to help with your overthinking mind. So when this happens -

- Focus on your breathing. When you become aware of your racing thoughts gently return to focusing on your breath.
- Try to visualise these racing thoughts as clouds and when you become aware of them simply acknowledge them and visualise watching them drift away.

## DIFFICULT EMOTIONS

What we push away normally gets stronger in our minds. The more we fight against it the more stronger it gets so in mindfulness practice, what we want to do is try inviting our emotions in,

Whenever a strong emotion arises, try turning to it and just say, "Oh, hello, my old friend.", then allow it to be there and bring your attention on to how the emotion feels in the body. What sensations are you thinking or feeling?

You can do this for any emotion; frustration, anger, sadness, loneliness, etc

## DOUBT

Doubt can be a huge hindrance to Mindfulness meditation practice. It can derail your progress completely by making you think that you're not making progress or that you're not doing correctly etc.

How do we get past this?

Whenever you're aware of a thought that is full of doubt, or full of self judgement, try just labelling it to yourself by saying "Oh, there's that doubt again". Acknowledge its presence without judgement or fear and refocus on the mindfulness practice.

We're just going to label it, "Ah, there is doubt again," just as we did with the painful, or negative, or difficult emotions.



A person with a backpack is standing on a grassy mountain peak, looking out over a vast, hazy landscape of rolling hills and valleys. The sun is shining brightly in the upper right corner of the sky, creating a warm, golden glow. The sky is filled with soft, wispy clouds. The person is wearing a white tank top, dark shorts, and a black backpack. They are standing with their back to the camera, looking out over the horizon. The overall mood is peaceful and contemplative.

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# MINDFULNESS ACTIVITIES





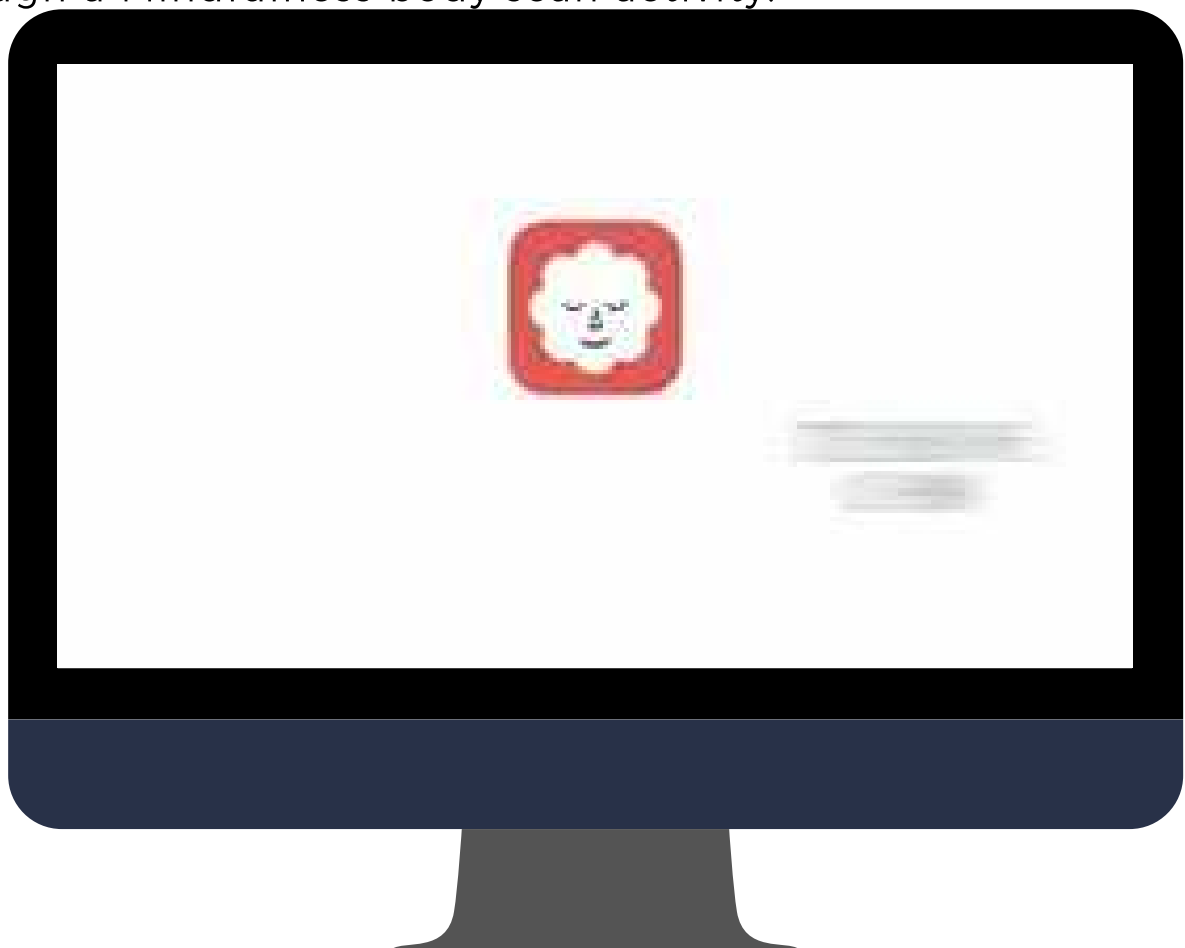
## TRY A MINDFULNESS BODY SCAN ACTIVITY

Take five minutes to close your eyes, and concentrate on how every little bit of your body is feeling.

Start with the toes, draw your awareness to them and ask yourself how do they feel? Are they relaxed / are they in pain?

Tuning in to how your body feels is a first step towards being present.

Below is a short guided meditation to follow that will guide your through a Mindfulness body scan activity.







## TRY A MINDFULNESS EMOTIONAL INTELLIGENCE ACTIVITY

Take five minutes to close your eyes, and concentrate on your thoughts and current emotions.

Draw your awareness to them and ask yourself how do they feel? Are you relaxed, happy, anxious etc?

Tuning in to how your feeling is also part of the first step towards being present.

Below is a short guided meditation to follow that will guide your through a Mindfulness Emotional Intelligence activity.







# Mindfulness Everyday



## PRACTICE MINDFUL EATING

Mindless eating is common and it can contribute to a host of problems like overeating. Practice becoming more mindful about how you fuel your body and how you feel and react to eating different sorts of food. How do they taste? What is the texture like? How do you feel after eating? satisfied or full?

## BE MINDFUL IN YOUR INTERACTIONS

Whether you're interacting with your partner, children, or a colleague, Mindful interactions are important. Mindfulness in a relationship is about observing what the other person is doing in a non-judgemental way. It's also about staying present and in the moment during your conversations. Practice focusing on what is going on around you. If your attention drifts bring it back to the present and your surrounding.

## ENGAGE IN ACTIVITIES MINDFULLY

Do you ever have trouble recalling whether you washed your hair already when you're in the shower? Do you sometimes forget why you walked into a room? These are signs that you have a lot of things going on in your mind and you aren't being mindful.

Fortunately, you can improve at this. This means focusing on the present moment, tuning into physical sensations, being fully aware of everything your doing and letting go of the thoughts of the future or the anxiety over the past.

## PAUSE THROUGHOUT THE DAY

As you move throughout the day it can be tough to stay mindful. You can get back on track however by pausing throughout the day to practice a few basic mindfulness exercises.

Eg You can practice focusing on your breathing when you're upset or anxious. Breathing techniques can have a huge calming effect and help you stay grounded in the present.

## PRACTICE, PRACTICE, PRACTICE

Mindfulness takes regular and continued practice. No one jumps into it as an expert but the more you practice the better you'll become and the more rewards you'll reap so be patient and keep at it.



A photograph of a classroom with rows of empty blue chairs and black desks. The chairs are arranged in a grid pattern, and the desks are attached to the sides of the chairs. The floor is a light-colored tile with red lines. The text "Pre-course Questionnaire" is overlaid in the center of the image.

# Pre-course Questionnaire



Answer the following questions by -

Putting "1" for Almost Always

"2" for Very Frequently

"3" for Somewhat Frequently

"4" for Somewhat Infrequently

"5" for Very Infrequently

and

"6" for Almost Never

- I could be experiencing some emotion and not be conscious of it until sometime later.
- I break or spill things because of carelessness, not paying attention, or thinking of something else.
- I find it difficult to stay focused on what's happening in the present.
- I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
- I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
- I forget a person's name almost as soon as I've been told it for the first time.
- It seems I am "running on automatic," without much awareness of what I'm doing.
- I rush through activities without being really attentive to them.
- I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.
- I do jobs or tasks automatically, without being aware of what I'm doing.
- I find myself listening to someone with one ear, doing something else at the same time.



# CONTINUED

- I drive places on 'automatic pilot' and then wonder why I went there.
- I find myself preoccupied with the future or the past.
- I find myself doing things without paying attention.
- I snack without being aware that I'm eating.

## **Scoring Information:**

**To calculate average scores: Add scores across all 15 items, then divide by 15.**

**The higher the score the higher they reflect on your levels of mindfulness.**





# Week 1 Mindfulness Activity





## AWARENESS OF PLEASANT EVENTS

Instruction: For seven days, be aware of 3 daily pleasant activities while they are happening. At a later time (but no later than that evening) reflect on your experience and ask yourself the following questions.

- What was the event / experience / activity?
- Were you aware of the pleasant feelings while the event / activity was happening?
- How did your body feel during this time? Describe your impression below
- What feelings, thoughts and moods accompanied this event?
- What thoughts pop in your mind now while you reflecting on and writing about your experience?





# Week 2 Mindfulness Activity





## AWARENESS OF UNPLEASANT OR STRESSFUL EVENTS

Instruction: For seven days, be aware of 3 daily unpleasant or stressful activities or events while they are happening. At a later time (but no later than that evening) reflect on your day and ask yourself the following questions.

- What was the event / experience / activity?
- Were you aware of the unpleasant feelings while the event / activity was happening?
- How did your body feel during this time?
- What feelings, thoughts and moods accompanied this event?
- What thoughts are now popping in your head whilst your reflecting on your experience?





Week  
3  
Mindfulness  
activity





## INTRODUCTION

Choose a different activity every day for 7 days. Examples could include going for a walk, chatting with a friend, having a hot bath, watching a film - or any other personally enjoyable activities.

### BEFORE DAILY VACATION

Your daily activity is a time to relax. Be sure to set aside worries, fears, judgements, emotions or thoughts that would detract from your enjoyment. Situate yourself somewhere where you are free from distractions.

### DURING DAILY VACATION

Be in the present and experience what is happening. Notice the sensations that come and go. Notice how you are feeling and how your emotions flow with changing external stimuli.

What positive emotions are you feeling? Take a mental note of all of them

### BEFORE BED

Take at least five minutes to focus on the positive emotions that you experienced during your daily activity.

### AT THE END OF THE WEEK

Recall all of the positive emotions that you felt during the past seven days. Recall how you felt this past week as compared to a normal week for you.

Are there any differences? How do you feel right now?





# Week 4 Mindfulness Activity





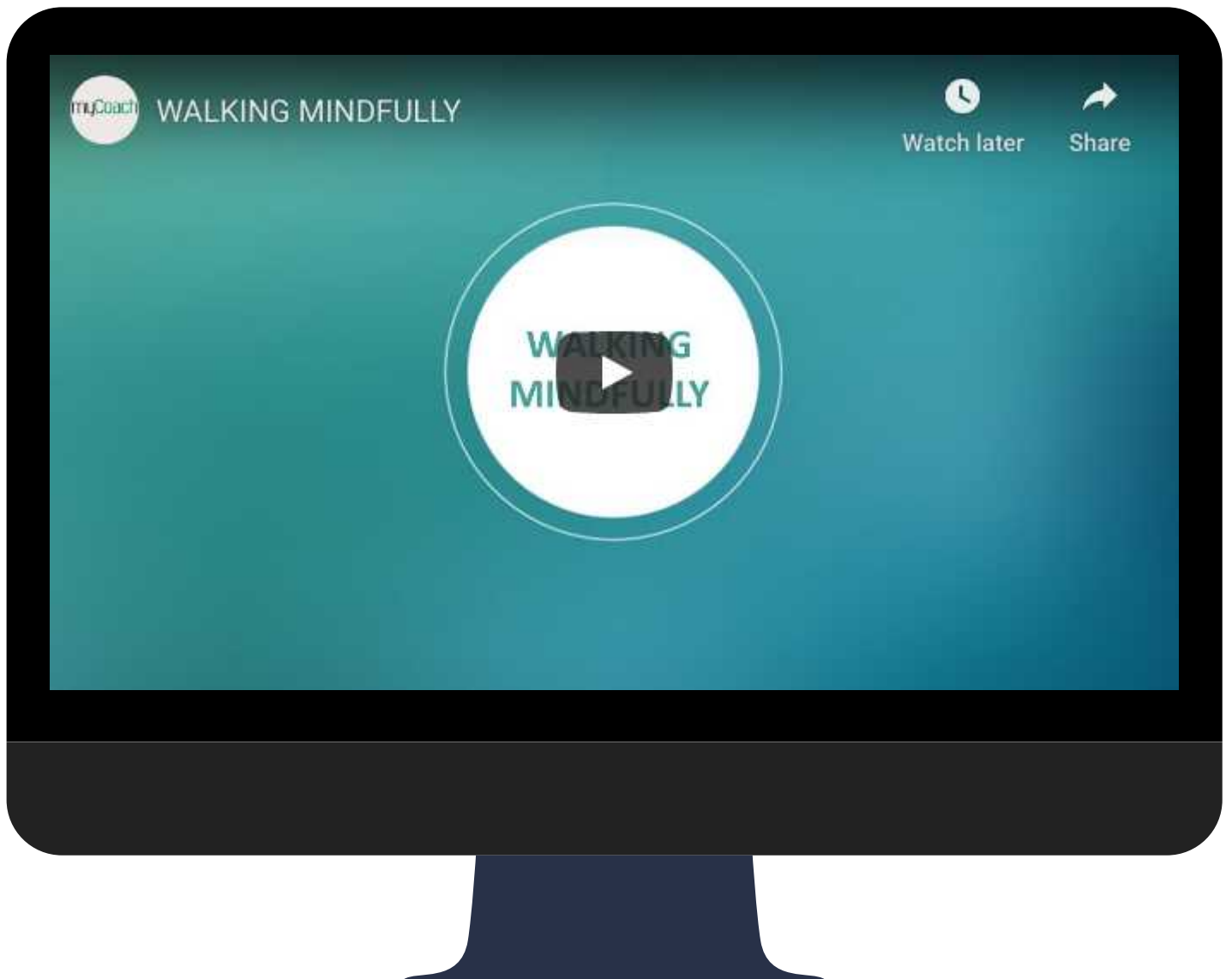




# MINDFUL WALKING

Focus on your steps, your body, your breath, the environment and your surroundings. Focus on the moment of being.

Follow the video below to help guide you on how to experience your Mindful walking.









A photograph of an empty classroom. Rows of blue plastic chairs with attached black metal frames and light-colored wooden desks are visible. The floor is a light-colored, speckled tile with red lines. The text "Post-course Online Questionnaire" is overlaid in white, centered on the image.

# Post-course Online Questionnaire



# THE FIVE FACET MINDFULNESS QUESTIONNAIRE

The Five Facet Mindfulness Questionnaire (FFMQ; Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006; Baer et al., 2008) is a 39-item, multidimensional assessment tool designed to measure a person's level of mindfulness.

## GOAL

The purpose of the questionnaire is to measure your development in mindfulness since the start of the course. It measures -

Observing "... noticing or attending to internal and external experiences, such as sensations, cognition's, emotions, sights, sounds, and smells"

Describing "... labelling internal experiences with words"

Acting with awareness "... attending to one's activities of the moment and can be contrasted with behaving mechanically while attention is focused elsewhere (often called automatic pilot)"

Nonjudging of inner experiences "... taking a nonevaluative stance toward thoughts and feelings"

Nonreactivity to inner experience "... the tendency to allow thoughts and feelings to come and go, without getting caught up in or carried away by them.

PLEASE CLICK THE LINK BELOW OR COPY AND PASTE INTO YOUR  
INTERNET BROWSER.

<http://awakemind.org/quiz.phpof>





## FINAL THOUGHTS

I hope you enjoyed the course and are getting something worthwhile from it.

I've included some extra resources below that might help you on your continued path towards mindfulness practice and self-awareness.

If you have any questions, comments or thoughts about the course i'll be happy to discuss them with you. You can catch me through my website or any of my social media (I've listed them all below)

Peace & Love ♥

Website - [www.Therapybyrobert.com](http://www.Therapybyrobert.com)

Email - [Robert@therapybyrobert.com](mailto:Robert@therapybyrobert.com)

Instagram - [@Therapybyrobert](https://www.instagram.com/Therapybyrobert)

Facebook - [Therapybyrobert](https://www.facebook.com/Therapybyrobert)

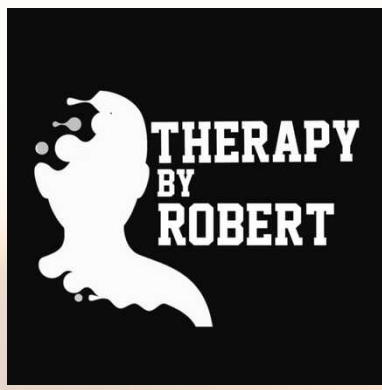
Pinterest - [Therapybyrobert](https://www.pinterest.com/Therapybyrobert)

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## A large, high-resolution photograph of a library shelf filled with books. The books are arranged in rows, with some standing upright and others lying flat. The spines of the books are visible, showing various colors and titles. The word "Resources" is overlaid in the center of the image in a large, white, serif font. The background is a soft, out-of-focus green, suggesting a library or study environment.





## WEBSITES

<http://www.mindfulnessstudies.com>

<https://www.mindful.org/>

<https://www.headspace.com/>

## APPS

- Insight Timer
- Headspace
- Calm (for teens: Stop, Breathe & Think; Smiling Mind; Take a Break)

## BOOKS

10% Happier by Dan Harris

Waking Up by Sam Harris

The Untethered Soul by Michael A. Singer

## YOUTUBE TALKS

<https://www.youtube.com/watch?v=leblJdB2-Vo>

[https://www.youtube.com/watch?v=x\\_DgOoKrkDA](https://www.youtube.com/watch?v=x_DgOoKrkDA)