**+ Explore Mindfulness: Brief Outline of Content for each Session**

0. Introductory Reading tasks

1. <https://markmanson.net/your-two-minds>
2. <https://leftbrainbuddha.com/living-a-mindful-life-why-practice-mindfulness/>
3. Introduction
4. Quotes (see below)
5. Why are you here?
6. Helpful Mindfulness images (see doc) and unhelpful images <https://leftbrainbuddha.com/the-problem-with-stock-photos-of-people-meditating/>
7. Definition and discussion “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally in the service of self-understanding and wisdom.” John Kabat-Zinn. Use Explaining mindfulness doc
8. Your mind is like a puppy video: <https://mindfulnessinschools.org/free-samples/>
9. Snow globe analogy. Auto-pilot (60,000 daily thoughts 90% same as yesterday)
10. Nature, the mindful pine cone
11. Do a 3 minute breathing space (why use the breath? It is there, it is present & it is reflective of feelings) & discuss when we could do this (helpful triggers), when would it be most effective?
12. Intro TED talk Amishi Jha: How to tame your wandering mind <https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind> (18)
13. 10 minute Mindfulness of Breathing
14. Read about mindful with nature (see doc)
15. Discuss optional tasks and how to track progress with them (sheet to print out)
16. Body and Mundane Mindfulness
17. Quotes (see below)
18. Feedback on last week’s tasks <https://leftbrainbuddha.com/if-your-brain-could-text-you-while-you-meditate/>
19. Check in with feelings using poster from SBT pdf
20. Body scan
21. Pebble in the shoe analogy
22. Mini yoga <https://www.youtube.com/watch?v=4mz-dJFkmrk>
23. Andy Puddicombe: All it takes is 10 mindful minutes <http://go.ted.com/ydXi1A> (10)
24. Mundane mindfulness tasks example coffee, shoes, or doors. List of options
25. Listening to others mindfully, discuss the challenges
26. 10 minute Mindfulness of Breathing (when distracted focus on body then breath avoid being “in your head”)
27. Discuss optional tasks
28. (Un)mindful phones and Science of mindfulness
29. Quotes (see below)
30. Feedback on last week’s tasks
31. <https://leftbrainbuddha.com/5-ways-mindful-using-phone/>
32. <https://www.mindful.org/addicted-to-your-phone-try-this-practice-phone-in-hand/>
33. Extreme phone set up: <https://medium.com/better-humans/a-phone-setup-that-will-make-you-more-mindful-1c5d8be7e661>
34. Mindful use of phones: Investigate Stop Think Breathe and Insight Timer App, Headspace, Calm, 10% happier. Do one from Stop, Think, Breathe
35. Science(ish) behind it. Stop Breathe Think intro pdf pages 4-7. Also discuss Prefrontal Cortex (conductor), Amygdala (Security Guard), Survival 3-1, Pos/Neg, Handbrain youtube video <https://www.youtube.com/watch?v=ZcDLzppD4Jc>.
36. Neuroplasticity
37. Mini yoga and bodyscan
38. Discuss optional tasks
39. Mindfulness with counting and Mindfulness with Buddhism
40. Quotes (see below)
41. Feedback on last week’s tasks
42. My journey with mindfulness
43. Noah Rasheta <https://soundcloud.com/secularbuddhism/guided-meditation-threefold-mindfulness-meditation>
44. Secular Buddhism
45. Journaling/Logging
46. Discuss optional tasks
47. Concentration/Flow
48. Quotes (see below)
49. Feedback on last week’s tasks
50. Count the passes <https://www.youtube.com/watch?v=IGQmdoK_ZfY>
51. Past, Present and Future (see doc)
52. Touch
53. Finding your flow activity e.g. juggling
54. Body scan and mindful breathing
55. Discuss optional tasks
56. Listening/Eating. What mindfulness isn’t
57. Quotes (see below)
58. Feedback on last week’s tasks
59. Mindful movement and body scan
60. Mindful raisin
61. Listening meditation (outside?)
62. Overhyped? <https://www.mindful.org/can-your-smartphone-make-you-mindful/>
63. Independent article <https://www.independent.co.uk/life-style/health-and-families/mindfulness-apps-try-mindful-stress-increase-week-trial-review-a8043906.html>
64. Discuss optional tasks
65. Emotions and Thoughts
66. Quotes (see below)
67. Feedback on last week’s tasks
68. Thoughts Emotions Behaviour <http://4.bp.blogspot.com/-ZGvn6w3BE1E/UHWGUbWIPfI/AAAAAAAAAC8/w8RGiEaW5RM/s1600/triangle.png>
69. Emotions ABC
70. Emotions meditation (see guidance)
71. Mention Peas app
72. Mindful relationships read doc
73. Journaling on emotions and thoughts (see guidance)
74. Thoughts as just thoughts
75. Discuss optional tasks
76. Gratitude, Forgiveness and Metta
77. Quotes (see below)
78. Feedback on last week’s tasks
79. Gratitude Diary discussion pg 21 of SBT pdf
80. Gratitude meditation from SBT
81. Forgiveness discussion (see doc) mention SBT options
82. Metta discussion and guidance (see doc)
83. Metta meditation
84. Metta reflections
85. Discuss optional tasks
86. Taking it forward
87. Quotes (see below)
88. Feedback on last week’s tasks
89. Metta
90. Future reading books Frazzled (Ruby Wax)Hardwiring Happiness (Rick Hanson), Mindfulness: A Practical Guide to Finding Peace in a Frantic World (Mark Williams, Danny Penman), Advice not Given: A Guide to Getting Over Yourself (Mark Epstein), Taming the Tiger Within (Thich Nhat Hanh), Radical Accpetance (Tara Brach), Meditation for Fidgety Skeptics (Dan Harris)
91. Apps Insight Timer, Stop Breath & Think, Headspace, 10% Happier, Calm.
92. Podcasts 10% Happier, Audio Dharma, Being Well, Secular Buddhism (Noah Rasheta)
93. Breathing meditation
94. What will your mindfulness routine look like?
95. Explain what has worked for me.
96. Personal reflections
97. Metta for the group
98. Closing poem (see doc)