

Invitation to Practice

INSIGHT

hminnovations.org



- ▼ Open the **healthyminds hm** program **INSIGHT/ PART 1 SELF-INQUIRY**
- ▼ Choose a **SERIES** to practice: 1,2 or 3
- ▼ Choose **TYPE** of Practice: Sitting or Active
- ▼ Choose **MINUTES** of Practice: 5-10 minutes
- ▼ Reflect on the practice using suggested **Journal PROMPTS**

SERIES 1: Get Curious About the Body

Hone the skills of self-inquiry by shifting from concepts to direct experience and applying this skill to your body.

Practice: Beyond the Labels

Sharpen the skill of self-inquiry by learning to move from labels and assumptions to direct experiences.

Journal PROMPT

What's your plan to turn a simple daily activity into a practice period? Notice the label you give the activity, then notice all the things beneath the label, breaking the activity into smaller parts.

Practice: Exploring Change in the Body

Use the changes of the body to gain insight into the impermanent nature of life.

Reflect on your day. Did you pause to notice the changes within your body? Respond to the idea that these changes help us gain insight to the changes that constantly happening in life. This insight helps hold on a little less tightly and that our low points won't last forever.

Practice: The Web of Experience

Explore all the different elements that come together to shape our experiences.

Keep a sleep journal. What is your sleep routine? How do you prepare for a good night's sleep? Is your brain in a calm or active mode?

SERIES 2: Getting Curious About the World

Explore the nature of change and the interconnectedness of the things you experience in the world around you.

Practice: Shifting Sands

Use what we see, hear and feel to gain insight into the transitory nature of experience.

Journal PROMPT

Record how you label and classify people? Roles, descriptions, etc. Notice people this week and see how you label them. Practice looking beyond the label and write down their individual complexities

Practice: Noticing the Subtle Details

Experience seeing and hearing without the overlay of concepts and labels.

Write about an object in your field of vision - what are the subtle details, what are the parts. Write about this visual experience and how you kept your attention on the object when you drifted.

Practice: A Wider Perspective

Sharpen the skill of seeing all the conditions that come together to create each moment of experience.

Examine your assumptions about the people you interact with. How often do you make snap-judgements? What is your plan to notice how often you make assumptions throughout your day?

SERIES 3: Getting Curious About the Mind

Bringing curiosity to our inner experiences increase well-being by helping us find space for our thoughts and feelings.

Practice: Turning Inward

Explore the transitory nature of our thoughts and emotions.

Journal PROMPT

Visualize a recent challenging situation. What were some of your interpretations surrounding the situation? What were your thoughts and reactions before, during and after this challenging situation?

Practice: De-constructing Inner Experience

Loosen up rigid thoughts and strong emotions by breaking them down into parts.

What is a word or phrase that describes your current state of mind? Bring some curiosity to this label. What are the sensations in the body or words and images in the mind?

Practice: Invisible Forces

See all the forces that shape our feelings and emotions.

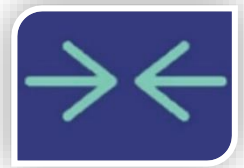
When do you feel most stressed during the course of your day? What is underneath the label of stress in this situation? Explore and be curious about the sensations and memories that come up for you?



PARA

Habit Formation Model

PLAN-ACT-REFLECT-ADJUST



PLAN: Create a plan for your mindfulness practice.

What series will I choose?

What type of mindfulness practice will I choose?

How many minutes for each practice will I choose?

When is a good time for me to practice?

Where is the best place for me to practice?

How many times will I reflect and/or journal about my practice this week?

ACT: Do your best to follow through with the plan.

What are some reminders that will help me follow through with my plan?

How can I anchor my plan to existing habits?

Who or what can support me with my plan?

REFLECT: Reflect periodically on what is working and not working.

Use PARA to adjust your plan for the upcoming week

Make sure to include a stretch for your practice.

Notice the beliefs about your practice. How do they support or get in the way of developing a habit.

