

Mindfulness 101

Student Workbook

Copper Beech

2024



"Mindfulness isn't difficult, we just need to remember to do it."

- Sharon Salzberg



Mind Full, or Mindful?

Class Guidelines

- If possible, arrive early to allow time to settle in to class
- If you will be absent from class, please let me know
- Please maintain confidentiality of all personal information in class
- Please silence the ringers on electronic devices
- Please avoid scented products in consideration of those who have environmental sensitivities
- Practice self-care! Remember, everything is an invitation. If a practice does not feel “right” for you please STOP and make any adjustments you might need. If you need to take a short break, use the restroom you, or you need to step out for any other reason, please do. Trust and do what is “right” for you! 😊

“This is the real secret of life -- to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.”

- Alan Watts

Mindfulness 101- Week One

"The present moment is the only moment available to us and it is the door to all moments."

- Thich Nhat Hanh



Homework for Week #1

- ☐ Do the mindful breathing practice for 5 mins everyday
- ☐ Reread “Autobiography in Five Short Chapters” and answer the reflection questions
- ☐ Do something that brings you joy!

“You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you.”

- Barbara Sher



DID YOU KNOW?

Research has linked regular mindfulness practice to a variety of health benefits including:

- Reduced Stress and Anxiety
- Improved Cognitive Function
- Improved Emotional Regulation
- Improved Relationships
- Improved Physical Health
- Increased Resiliency



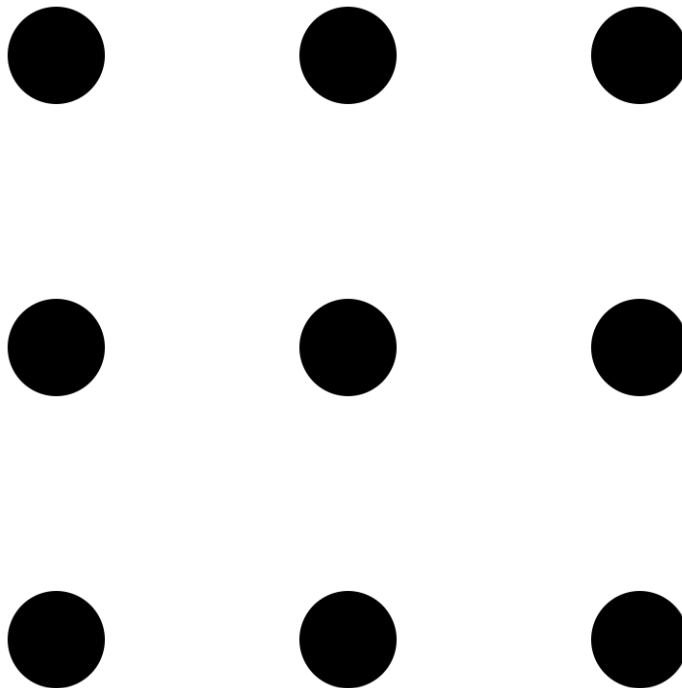
Mindfulness *noun*: A particular type of awareness that arises through paying attention to the moment, on purpose and non-judgmentally

...more simply, practicing mindfulness is learning to notice our experiences in the moment with intention



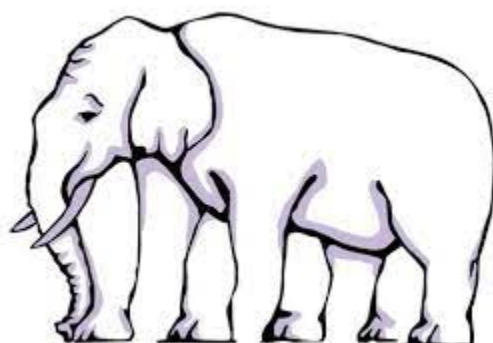
9 Dots

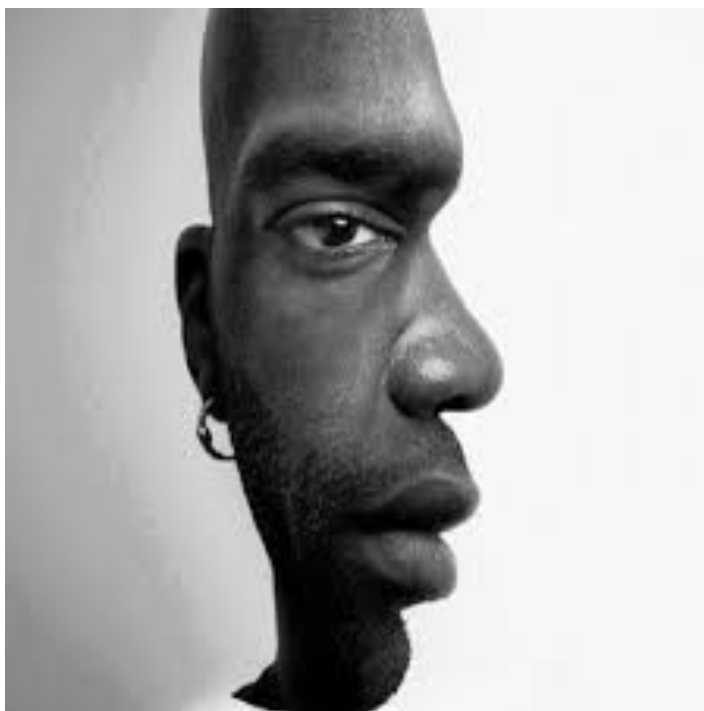
Connect all of the dots with 4 straight lines without lifting your pencil
and without retracing over any of the lines





12
ABC
14





What do you see?

?

Autobiography in Five Short Chapters

By Portia Nelson

Chapter 1

I walk down the street. There is a deep hole in the sidewalk. I fall in I am lost...I am helpless It isn't my fault. It takes forever to find a way out.

Chapter 2

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in the same place. But it isn't my fault. It still takes a long time to get out.

Chapter 3

I walk down the same street There is a deep hole in the sidewalk. I see it is there. I still fall in...it's a habit. My eyes are open I know where I am. It's my fault. I get out immediately

Chapter 4

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter 5

I walk down another street.

Autobiography in Five Short Chapters: Reflection

- 1) What has gotten in the way of you being able to see the holes in the sidewalk of life?

- 2) How might being more mindful have helped you avoid falling in those holes?

- 3) In what areas of life would you like to be more mindful now?

- 4) Why are these areas of life important to you

- 5) Based on what you currently know about mindfulness, what might you begin doing right now?

Mindfulness 101- Week Two

“I recommend learning how to come into the presence of stillness and vastness. Learn any form of meditation. Spend twenty minutes every day if possible, in meditation, listening to the crazy monkey mind inside you, and learning how to still the thoughts and discover that big, deep soulful part of yourself.”

— Elizabeth Lesser



Homework for Week #2

- ☐ Do the mindful breathing practice for 5 mins everyday
- ☐ Reread “The Peace of Wild Things” by Wendell Berry
- ☐ Practice mindful eating 3 times this week
- ☐ Practice mindful walking 3 times this week
- ☐ Complete “Noticing My Thoughts” (Positive)
- ☐ Listen to a song tied to a positive memory!

“I am a woman in process. I'm just trying like everybody else. I try to take every conflict, every experience, and learn from it. Life is never dull.”

Oprah Winfrey



DID YOU KNOW?

We spend most of our day running on “autopilot.” Research has shown that a person may spend up to 47% of their waking hours not fully aware of their behaviors. *Mindlessness*, the opposite of mindfulness, has been linked with increased feelings of stress, anxiety, and unhappiness



The Parking Ticket



Can you think of a time when you have had a similar reaction to this story?

MONKEY MIND IS NOT YOUR FAULT



"If you tell your mind, 'Don't do this,' that is all it will do"

- Sadhguru

Autopilot:

Happening automatically or doing something automatically, without having to think about what you are doing; not being fully aware

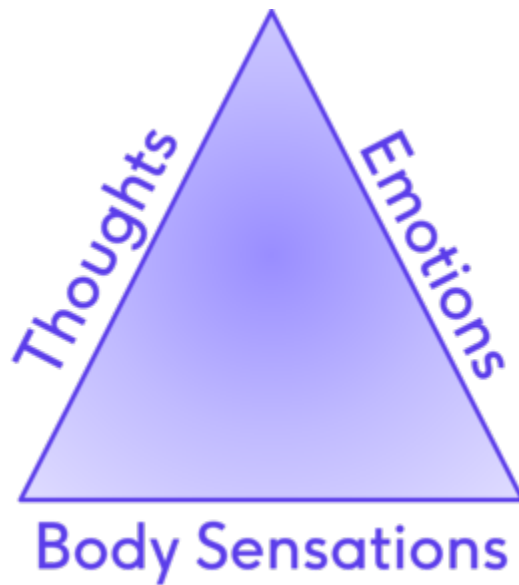


In the same way we can sometimes drive for miles without realizing it, we may not be fully present, moment-to-moment, for much of our lives. While running on autopilot we are more likely to have our “buttons pressed”; events around us and thoughts, feelings, and sensations in the mind (both conscious and unconscious) can ignite old

habits of thinking that are often unhelpful and may negatively affect our mood

Where/when might you be running on autopilot?

The Triangle of Awareness



What do I feel in my body?

What are my emotions?

What thoughts are going through my mind?

By becoming more aware of our thoughts, emotions, and body sensations, from moment to moment, we help create the space for the

possibility of greater freedom and choice. We don't have to get stuck in the same mental ruts that may have troubled us in the past!

The Peace of Wild Things

By: Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.



Noticing My Thoughts-Pleasant

What was the experience?	Were you aware of the pleasant feeling while the event was happening	How did your body feel, in detail, during the experience	What mood, feelings, and thoughts accompanied the event?	What thoughts are on your mind now as you write about this event?
Monday				
Tuesday				
Wednesday				
Thursday				

Friday				
Saturday				
Sunday				

Instruction for mindful walking:

Choose a quiet and safe location where you can walk uninterrupted.

Stand still for a moment, close your eyes, and take a few deep breaths to center yourself and become present.

Begin walking at a slow to moderate pace, focusing on the sensations of your feet touching the ground and the movement of your body.

Be aware of the present moment and observe any thoughts, feelings, or sensations that arise without judgment or reaction.

Use your breath as an anchor to stay present and focused on your surroundings.

If your mind starts to wander, gently bring your attention back to your breath and the sensations of walking.

Practice gratitude by acknowledging the beauty and abundance around you, such as the colors of the sky or the sound of birds.

End your practice by standing still again, taking a few deep breaths, and expressing gratitude for the opportunity to practice mindfulness.

Guidelines for mindful eating:

- Slow down: Take your time to eat your food slowly, paying attention to each bite.
- Engage your senses: Observe the appearance, texture, aroma, and taste of your food.
- Eliminate distractions: Turn off the TV, put away your phone, and focus on your food.
- Eat with gratitude: Take a moment to appreciate the food you are about to eat and express gratitude for it.
- Chew thoroughly: Chew each bite thoroughly before swallowing.
- Pause between bites: Put your utensils down and take a breath or two between bites.
- Adopt an attitude of gentle curiosity

Mindfulness 101- Week Three

“Everyone is trying to accomplish something big, not realizing that life is made up of little things.

- Frank A. Clark



Homework for Week #3

- ☐ Do the mindful breathing practice for 5 mins everyday
- ☐ Reread "The Journey" by Mary Oliver
- ☐ Do the body scan practice 3 times this week
- ☐ Complete "Noticing My Thoughts" (Unpleasant)
- ☐ Write or make a mental list of 10 things you are grateful for

“The beautiful thing about learning is that nobody can take it away from you.”

— B.B. King



DID YOU KNOW?

On average, it takes 66 days to build a new habit. Research suggests that even a small amount of effort and intention towards our goals plays a significant role in our efforts to achieve them. A single moment of mindfulness can make all the difference!



Parable of the Poisoned Arrow

There was once a man who was hurt by a poisoned arrow.

The family and friends wanted to get him a doctor but the patient refused, saying that he first wanted to know the name of the man who

had wounded him, the caste to which he belonged and his country of origin.

He also wanted to know if the man was tall and strong if he had a light or dark skin and he wished to know what kind of bow wounded him, whether the rope was made of bamboo, hemp or silk.

He said he wanted to know if the feather of the arrow belonged to a hawk, vulture or peacock...

And he wondered if the bow that had been used to strike him was a common bow, curved or made with oleander and any other kind of information...

the man died without ever knowing the answers



The Mindfulness Cycle

The mindfulness cycle is the process of becoming aware of one's thoughts and emotions, acknowledging them without judgment, and then gently returning to the present moment. It is a continuous loop

that involves being mindful of the present moment, noticing any distractions or wandering thoughts, redirecting attention back to the present moment, and repeating the process.



"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen."

-Muhammad Ali

Linking

By connecting two existing behaviors, we can “link” the pair so that one behavior triggers another. A technique for habit formation, linking helps to associate a desired behavior with an existing behavior in order to make it easier to perform. For example, when washing your hands, you can link that behavior with stopping to take 1 deep, slow, intentional breath.



By consistently linking the new behavior with an existing behavior, the two behaviors become associated in the mind, making it more likely that the new behavior will become a habit over time.



What behavior could you link with mindfulness to help support your practice?

“Action is the foundational key to all success.”

-Pablo Picasso

The STOP Light Method



1. **S=STOP**: stop where you are and acknowledge how you are feeling in the moment.
2. **T=TAKE A BREATH**: refocus your attention using your breath as a point of focus.
3. **O=OBSERVE**: Observe your body sensations, your thoughts, and your feelings around what is happening.

Be with these sensations for a minute or two, show yourself compassion and then gradually expand your awareness around the feelings, creating space for them.
4. **P=PROCEED**: continue, bringing a more skillful response to the situation.

The Journey

by Mary Oliver

One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice-- though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!" each voice cried.

But you didn't stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible. It was already late enough, and a wild night, and the road full of fallen branches and stones.

But little by little, as you left their voices behind, the stars began to burn through the sheets of clouds, and there was a new voice which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do-- determined to save the only life you could save.



The Guest House

by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Noticing My Thoughts-Unpleasant

What was the experience?	Were you aware of the unpleasant feeling while the event was happening	How did your body feel, in detail, during the experience	What mood, feelings, and thoughts accompanied the event?	What thoughts are on your mind now as you write about this event?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Mindfulness 101- Week Four

“This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment. May I give myself the compassion I need.”

— Kristin Neff



Homework for Week #4

- ☐ Continue practicing mindful breathing, and any practice that you've connected with
- ☐ Join a free Copper Beech community practice (<https://www.copperbeechinstitute.org/meditation-groups>)
- ☐ Thank yourself for taking moments to practice self-care
- ☐ Email any comments, feedback, praise, or suggestions to: engage@copperbeechinstitute.org

“Wisdom is not a product of schooling but of the lifelong attempt to acquire it.”

— Albert Einstein

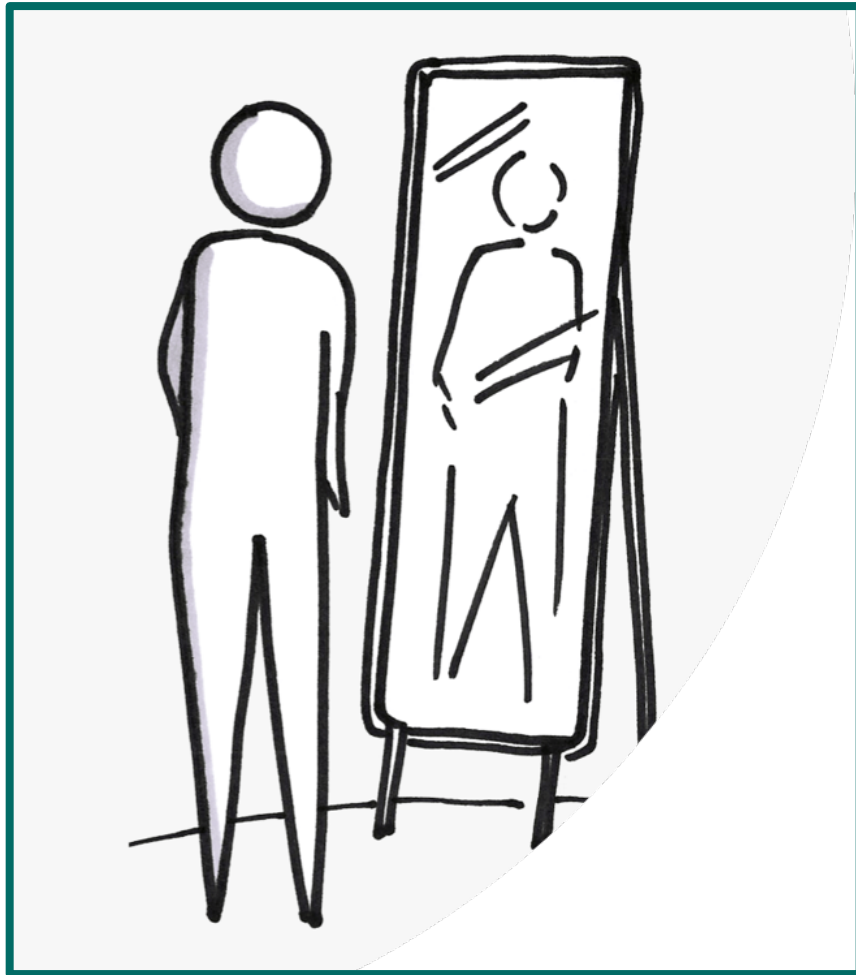


DID YOU KNOW?

Research shows that regularly practicing compassion can lead to increased feelings of social connection, empathy, and general well-being while also reducing feelings of stress, anxiety, and burnout, as well as patterns of negative self-talk and defeating beliefs.



Just Like Me



“Empathy is not simply a matter of trying to imagine what others are going through, but having the will to muster enough courage to do something about it. In a way, empathy is predicated upon hope.”

- Dr. Cornel West

Metta Practice

The Pali word "metta" (Sanskrit: "maitri") is often translated as "loving-kindness" or "friendliness. Metta refers to the attitude of loving-kindness, warmth, and friendly goodwill that one cultivates towards oneself and others

May I be happy...

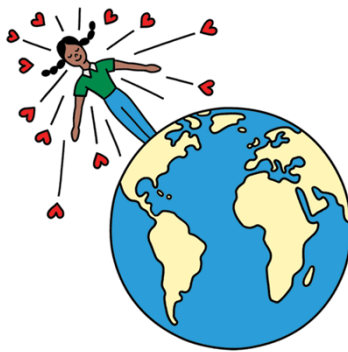
May I be peaceful...

May I be safe...

May I feel and know love...

May you...

May all beings...



"Metta is the ability to embrace all parts of ourselves, as well as all parts of the world. Practicing metta illuminates our inner integrity because it relieves us of the need to deny different aspects of ourselves."

-Sharon Salzberg

A Time to Talk

by Robert Frost

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, What is it?
No, not as there is a time to talk.
I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.



Work Cited

Week 1:

Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation. *Psychological Inquiry*, 26(4), 293–314. doi: 10.1080/1047840X.2015.1064294

Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169–183. doi: 10.1037/a0018555

Pascoe, M. C., Thompson, D. R., Jenkins, Z. M., & Ski, C. F. (2017). Mindfulness mediates the physiological markers of stress: Systematic review and meta-analysis. *Journal of Psychiatric Research*, 95, 156–178. doi: 10.1016/j.jpsychires.2017.08.004

Wielgosz, J., Goldberg, S. B., Kral, T. R. A., Dunne, J. D., & Davidson, R. J. (2019). Mindfulness meditation and psychopathology. *Annual Review of Clinical Psychology*, 15, 285–316. doi: 10.1146/annurev-clinpsy-021815-093423

Week 2:

Bargh, J. A., & Chartrand, T. L. (1999). The unbearable automaticity of being. *American Psychologist*, 54(7), 462-479. doi: 10.1037/0003-066X.54.7.462

Christoff, K., Irving, Z. C., Fox, K. C. R., Spreng, R. N., & Andrews-Hanna, J. R. (2016). Mind-wandering as spontaneous thought: A dynamic framework. *Nature Reviews Neuroscience*, 17, 718–731. doi: 10.1038/nrn.2016.113

Killingsworth, M. A., & Gilbert, D. T. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932. doi: 10.1126/science.1192439

Langer, E. J. (1989). *Mindfulness*. Reading, MA: Addison-Wesley.

Week 3:

Condon, P., Desbordes, G., Miller, W. B., & DeSteno, D. (2013). Meditation increases compassionate responses to suffering. *Psychological science*, 24(10), 2125-2127.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of personality and social psychology*, 95(5), 1045-1062.

Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical psychology review*, 31(7), 1126-1132.

Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). Mindfulness-based stress reduction for healthy individuals: A meta-analysis. *Journal of psychosomatic research*, 78(6), 519-528

Klimecki, O. M., Leiberg, S., Lamm, C., & Singer, T. (2013). Functional neural plasticity and associated changes in positive affect after compassion training. *Cerebral cortex*, 23(7), 1552-1561.

Kok, B. E., Coffey, K. A., Cohn, M. A., Catalino, L. I., Vacharkulksemsuk, T., Algoe, S. B., ... & Fredrickson, B. L. (2013). How positive emotions build physical health: Perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychological science*, 24(7), 1123-1132.

Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of personality and social psychology*, 92(5), 887-904.

Lutz, A., Slagter, H. A., Dunne, J. D., & Davidson, R. J. (2008). Attention regulation and monitoring in meditation. *Trends in cognitive sciences*, 12(4), 163-169.

Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of clinical psychology*, 69(1), 28-44.

Weng, H. Y., Fox, A. S., Shackman, A. J., Stodola, D. E., Caldwell, J. Z., Olson, M. C., ... & Davidson, R. J. (2013). Compassion training alters altruism and neural responses to suffering. *Psychological science*, 24(7), 1171-1180.

Weng, H. Y., Lapate, R. C., Stodola, D. E., Rogers, G. M., & Davidson, R. J. (2018). Visual attention to suffering after compassion training is associated with decreased amygdala responses. *Frontiers in Psychology*, 9, Article 771. <https://doi.org/10.3389/fpsyg.2018.00771>

