

# MINDFULNESS AND MEDITATION GUIDE

There are many different ways to think about mindfulness and meditation. Here are a few categories to help you make the most of myStrength's mindfulness and meditation activities.

## **Mindfulness: Getting Started**

- Mindfulness 101
- The Pause Button
- Mindful Breathing for Beginners
- Mindful Breathing: A Closer Look
- Anxious? Breathe With This

## **Mindfulness: Focus Your Mind**

- 1-Minute Meditation
- 5-Minute Meditation
- Thoughts on Parade
- Relaxation Visualization: Beach
- Relaxation Visualization: Forest

## **Mindfulness: Look Inside**

- Head to Toe Relaxation
- The Surface and the Deep
- Releasing Fear
- A Safe Space
- Gratitude Meditation

## **Mindfulness: Regroup and Reset**

- Red Light Relaxation
- Flip The Switch
- Passengers on the Bus
- Quiet Time
- Ground Yourself

## **Mindfulness: Touch, Taste, Smell, and Move!**

- Earbud Mindfulness
- Mindful Eating
- Observe the World
- Mindful Yoga
- Mindful Walking
- Mindfulness and Your Hand

# GETTING STARTED

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TO FIND AN ACTIVITY ON MYSTRENGTH, SIMPLY LOG IN TO YOUR ACCOUNT AND ENTER THE ACTIVITY TITLE IN THE “SEARCH” BOX.

**Mindfulness 101**

This short video introduces the different methods of mindfulness. After the video is an activity to help you decide what type to try. You’ll make an action plan for when and how you’ll do so.

**The Pause Button**

An animation offers a new way to think about mindfulness: “pausing” yourself to focus on the present.

**Mindful Breathing for Beginners**

An audio mindfulness meditation teaches beginners how to follow their breath.

**Mindful Breathing: A Closer Look**

An audio mindfulness meditation goes a bit deeper into how mindful breathing works.

**Anxious? Breathe With This**

A calming animation helps you breathe mindfully.

## My plan:

Where will I access myStrength?

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When will I use myStrength?

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# FOCUS YOUR MIND

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**1-Minute Meditation**

An audio meditation asks you to focus on your breathing. You'll notice when your minds wanders and then bring your attention back to your breath.

**5-Minute Meditation**

A bit longer audio meditation invites you to focus on your breath. You'll notice when your mind wanders and then bring your attention back to your breath.

**Thoughts on Parade**

An animation guides you through noticing your thoughts as they arrive and then letting them go. This exercise teaches that you do not need to carry your thoughts around. Just let the thoughts parade by.

**Relaxation Visualization: Beach**

An audio visualization of a peaceful beach scene helps you achieve deep relaxation.

**Relaxation Visualization: Forest**

An audio visualization of a peaceful forest scene helps you achieve deep relaxation.

## My plan:

Where will I access myStrength?

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When will I use myStrength?

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# LOOK INSIDE

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TO FIND AN ACTIVITY ON MYSTRENGTH, SIMPLY LOG IN TO YOUR ACCOUNT AND ENTER THE ACTIVITY TITLE IN THE "SEARCH" BOX.

**Head-to-Toe Relaxation**

An audio meditation guides you through a full body scan. Release tension in your body, inch by inch.

**The Surface and the Deep**

An audio visualization that uses the metaphor of a lake. The lake represents the inner constant self vs. external reactive self. The surface of the lake changes with the weather while the deep remains still.

**Releasing Fear**

An audio meditation helps you notice where in your body you feel stress. You'll then breathe images of peace and calm into that part of your body and breathe out negativity.

**A Safe Space**

A video visualization about being in a safe space, with a safe ally, looking out at something that has been causing stress.

**Gratitude Meditation**

An audio mindfulness meditation that helps you express gratitude in a few ways. An activity will help you pick what you are grateful for.

## My plan:

Where will I access myStrength?

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When will I use myStrength?

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# REGROUP & RESET

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**Red Light Relaxation**

A video explains a breathing technique you can do while waiting at a red light. You'll learn to de-fuse an otherwise stressful situation and re-charge for what lies ahead.

**Flip The Switch**

An audio meditation asks you to imagine you are in a bright room, overwhelmed by negative things. You can then turn off the light and shut it all off. While the light is off, a counting exercise helps ground you.

**Passengers on the Bus**

An audio visualization asks you to imagine you are driving a bus through your life. The passengers on the bus are thoughts, feelings, and memories you've picked up along the way. Even though the passengers can be annoying, you (the driver) are in control. You can drive the bus wherever you want to go.

**Quiet Time**

A video talks about the benefits of a quiet minute in your day. A timer will count out one minute to let you stop and recharge.

**Ground Yourself**

A video explains a technique for grounding yourself when you start to feel panic.

## My plan:

Where will I access myStrength?

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When will I use myStrength?

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# USE YOUR SENSES

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**Earbud Mindfulness**

This interactive activity teaches you how to listen to your favorite song with your full attention. You'll focusing on different elements of the song each time.

**Mindful Eating**

An audio exercise walks you through the experience of eating a raisin in a mindful way.

**Observe the World**

An audio meditation asks you to sit on a bench in a crowded area. You'll practice mindfully seeing and hearing what is going on around you.

**Mindful Yoga**

A visual guide of the steps to the “sun salutation” yoga series.

**Mindful Walking**

An audio mindfulness meditation meant to be listened to while walking.

**Mindfulness and Your Hand**

A video teaches you how to look at your hand in a mindful way, noticing every detail.

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