

SIMPLE AWARENESS AND MINDFUL EATING

This week introduces the foundations of mindful awareness: learning to notice your inner experience with curiosity instead of judgment. You'll explore core teachings through short videos and readings, begin a daily formal practice (starting with the Raisin Meditation and moving into the Body Scan), and bring gentle attention to everyday activities. The focus here is strengthening presence, tuning into the body, and establishing a compassionate baseline for the weeks ahead.



TIPS FOR MORNING RITUALS

On the first day, you'll do a Raisin Meditation, for which you'll need two raisins and a glass of water. I didn't have raisins, but I had craisins, so I used those. Place your raisin (or craisin!) in your hand and explore it with curiosity: its texture, shape, weight, and smell. This practice is about noticing, not perfection. Take your time and sip the accompanying glass of water mindfully.

On the following days you'll do the Body Scan Meditation. There is a Formal Practice Sheet that you'll fill out, but the focus here is on the activities, then log after. Set aside a quiet few minutes each morning to follow the Body Scan Meditation. Let your attention travel through your body without trying to change anything - just observe. Use the Formal Practice Sheet afterward to note what you experienced, not to judge how "well" you did.

I recommend incorporating a micro-action from the Self-Regulation Bingo so that you start your day by setting intention. Consider adding small sensory cues, like drinking a warm cup of tea, stretching in response to your body's needs, or starting the first 10-minutes of each day in complete stillness.



CONCLUSION

Week 1 is not about intensity - it's about setting a foundation for yourself. Allow your mind to wander, but treat those moments as part of the practice of mindfulness.

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SELF-REGULATION BINGO

Self-Regulation Bingo is a simple weekly practice designed to help you build balance, presence, and emotional alignment—one small action at a time. Each square includes a tiny, doable micro-practice that supports your nervous system and workday clarity. Your goal is to complete actions throughout the week and mark off the squares you’ve done. Aim for BINGO (a horizontal, vertical, or diagonal line) as a playful challenge to stay grounded and regulated while strengthening your daily habits.

Return to the Body	One Thing at a Time	Pause Before Accepting
Name, Breathe, Choose	 Free Your Mind	Feel Both Feet on the Ground
Offer Yourself Grace	Name One Emotion	Drink a Full Glass of Water

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ATTENTION AND THE BRAIN

This week explores how our attention shapes the way we experience the world—and how often we rush past moments of meaning without noticing them. Through videos and readings on attention, perception, and the neuroscience of mindfulness, you'll learn how meditation strengthens the brain and expands your capacity to stay present.



TIPS FOR MORNING RITUALS

In Week 2, your practice shifts toward noticing how attention behaves: how it leaps, loops, resists, and returns. Each morning, begin with a brief Sitting Meditation, even if it's just for a few minutes. Focus on a single anchor (breath, sound, sensation), and when your mind inevitably wanders, let that moment become the practice. Each return is a “rep,” strengthening your attentional muscles.



To support your workday, choose one Micro-Meditation to weave into the morning. This could be a 60-second breath reset before opening email, a sensory check-in while you wait for your coffee, or pausing to notice your posture before starting a meeting. The goal isn't stillness: it's recognition. Bring a gentle curiosity to how often your mind shifts throughout the day.

That noticing is the lesson.

CONCLUSION

Week 2 reminds you that attention is a muscle you strengthen gently, not a test you need to pass. Each moment you notice you've wandered is its own return home.

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WORDAY MICRO-MEDITATIONS

Below is a collection of 30–90 second grounding practices designed to fit inside the natural pauses of your day. These micro-meditations help you reset your nervous system between meetings, emails, and transitions, offering mini pockets of calm without requiring privacy or long breaks. Think: one deep breath ritual, a 10-second body scan, a posture reset, or a sensory check-in.

<p>3 Breath Reset</p> <p>Inhale slowly, exhale fully. Notice that at the end of each exhale, your body softens without you asking it to.</p>	<p>Hand Awareness Moment</p> <p>Place one hand on your desk, or lap. Notice the texture, weight, and subtle tingling for 5 seconds.</p>	<p>One-Sentence Pause</p> <p>Before sending your next e-mail, pause long enough to ask, “What deserves my attention right now?”</p>
<p>Sensory Spotlight</p> <p>Choose one sense (ex: sound). Notice the farthest action, then the closest. Return to what you’re doing.</p>	<p>Posture Check</p> <p>Roll your shoulders once. Soften your jaw. Fully blink. Lighten your spine. Give yourself 10 seconds to reset.</p>	<p>10-Step Meditation</p> <p>When walking down the hallway, count ten steps in your mind. Then, return to your task.</p>
<p>Name 1 Thing</p> <p>Pause and mentally note something you see, feel, or hear for 10 seconds.</p>	<p>Label Your Breath</p> <p>On the next inhale, silently label it “In”. On the next exhale, label it “Out”.</p>	<p>Gratitude Blink</p> <p>Close your eyes for one slow blink. Upon opening, appreciate 1 thing you see.</p>

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DEALING WITH THOUGHTS

This week explores the nature of thought itself: how stories, memories, and expectations can pull us out of the present moment. You'll learn how to observe thoughts without getting swept into them, loosening the grip of old patterns and mental habits. Through practices that strengthen awareness and gentleness toward your inner world, you'll begin to relate to your mind with more spaciousness and less struggle.



Tips for morning rituals

This week invites you to observe your thoughts with more spaciousness. Not as commands or truths, but as passing weather.

Begin each morning with your Mindful Yoga or Sitting Meditation. Let your thoughts appear and dissolve without wrestling with them.

After practice, choose one prompt from the Cognitive Reframing Flash Sheet. Let it guide the tone of your morning:

- What story am I telling myself?
- Is there another interpretation available?
- How would I respond if I were feeling grounded?
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Don't force positivity; aim for clarity. Reframing isn't about replacing "bad" thoughts: it's about loosening their grip.



Week 3 shows that thoughts don't need to be controlled; they simply need room to breathe. By observing them with curiosity, you learn that you are more than what your mind creates.



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CONNITIVE REFRAMING FLASH SHEET

Self-Regulation Bingo is a simple weekly practice designed to help you build balance, presence, and emotional alignment—one small action at a time. Each square includes a tiny, doable micro-practice that supports your nervous system and workday clarity. Your goal is to complete actions throughout the week and mark off the squares you've done. Aim for BINGO (a horizontal, vertical, or diagonal line) as a playful challenge to stay grounded and regulated while strengthening your daily habits.

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STRESS: RESPONDING VS. REACTING

This week focuses on the physiology of stress and how mindfulness transforms the way we respond to pressure, uncertainty, and emotional overwhelm. Instead of reacting automatically, you'll learn simple grounding techniques (like the STOP practice) that help you pause, breathe, and choose a steadier response. By understanding your stress signals, you'll begin cultivating resilience from the inside out.



Tips for morning rituals

Stress begins before we notice it: in the jaw, the breath, the shoulders, the speed of our thoughts. This week's morning ritual is about catching stress earlier. Start with a short Sitting Meditation or Yoga session, paying attention to the "first signs" of tension as it arises.

After your practice, complete a quick 60-Second Stress Map. Note where stress hides in your body, how it affects your breathing, and which situations tend to trigger it. This map helps you recognize your stress signature so you can respond instead of react.

Throughout the day, practice one STOP moment in a low-stakes scenario — standing in line, sitting at a red light, waiting for a page to load. Let your body recalibrate in these tiny pauses.



Week 4 teaches that stress isn't your enemy: your reactivity is. Each pause, each breath, each moment of grounding opens a little more space between you and what overwhelms you.

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60-SECOND STRESS MAP

The 60-Second Stress Map is a quick, guided check-in that helps you identify where stress is showing up in your body, mind, and emotions, in real time, so you can respond deliberately rather than react automatically.

The purpose isn't to change anything: only to notice. This simple moment of awareness interrupts your stress cycle, shifts you out of autopilot, and gives your nervous system a chance to re-regulate.

Body Where is the tension sitting? (Jaw, shoulders, chest, hands, etc.)	Breath Is it shallow, fast, held, uneven, or restricted?
Thoughts What is the tone? (Racing, looping, scattered)	Emotions What feeling is present? (Pressure, frustration, irritation)

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