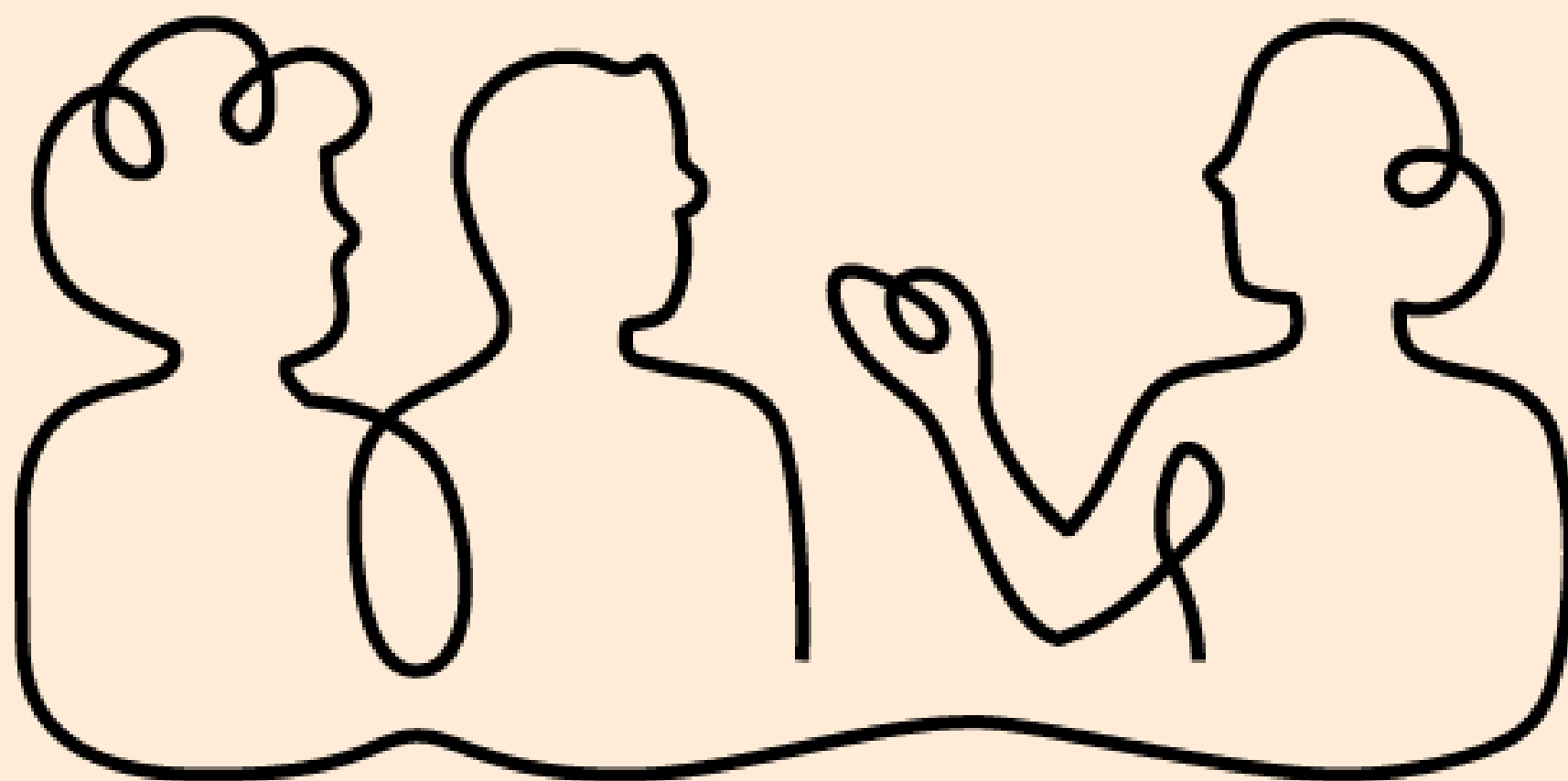




how to lead a mindfulness practice group at work





Be a champion
for emotional
intelligence and
mindfulness in your
organization by
creating a space for
your colleagues to
learn and share.

how to guide your practice group

To make it simple to support others, we've compiled a few of our foundational meditations, based on the Search Inside Yourself program, and suggested discussion prompts in the next few pages. The recommended length of each session is 30-minutes, with guided meditations that are 6-10 minutes long. You are welcome to adjust based on your group's needs.

1

Introduce the topic to the group by reading the description out loud. Answer any initial questions.

2

Welcome the group to participate in the meditation and play the recording.

3

Read the discussion prompts one at a time and invite participants to share from their experience.

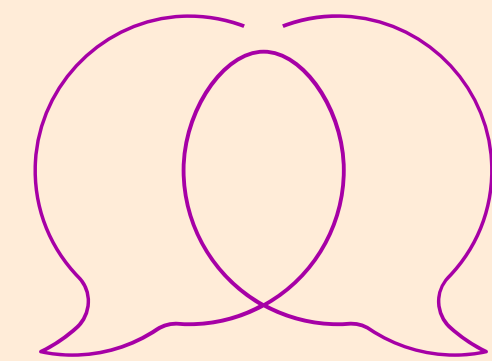
4

Open up the space for discussion and invite further conversation beyond the prompts.

OPTIONAL DISCUSSION QUESTIONS INCLUDE:

- *What did you experience during that meditation?*
- *Do you feel different now compared to before the meditation?*
- *How does this topic relate to what you're experiencing in your life?*
- *When might you use this type of meditation?*

session topics, meditations & discussion prompts



MINDFULNESS & STAYING PRESENT

Mindfulness is a tool that can bring a sense of calm and ease amidst chaos and stress. In the ever-changing world that we live and work in, our minds can easily get stuck in the future or in the past. With practice, you can develop your ability to stay in the present moment which can support focus, prioritization, productivity, and connection both to yourself and others. This meditation will help you mentally arrive in the present moment and relax by paying attention to your breath and body.

Being Present

[10 min]

Discussion Prompts

- What does being present feel like in your body? In your mind?

Inner Calm

[8 min]

- Where can you relax more? In your day? In your life or work?

FOCUSING ATTENTION

You might feel like your attention is often pulled in many directions (to-do's, projects, family, friends, news and media, global unrest) and it's hard to prioritize what's most important. Your attention is one of your greatest assets, and learning how to stay focused can save you from overwhelm and help deepen your impact. This focused attention practice will help to settle and focus your mind by resting your attention on a single object.

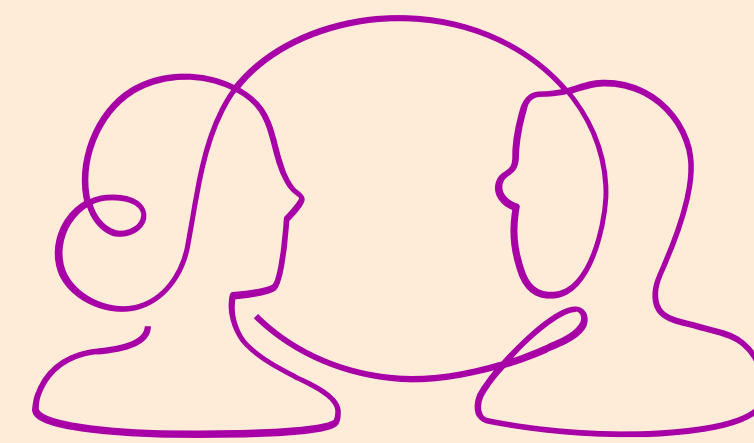
Focused Attention

[9 min]

Discussion Prompts

- From this place of grounded and clear attention, what happens when you ask yourself, "What's Important Now?"
- What can you do to focus on what is most important, and how do you want to show up for it?
- When during your day is your attention most scattered? When might you use a practice like this?

session topics, meditations & discussion prompts



STAYING BALANCED WITH DIFFICULT EMOTIONS

When you experience difficult emotions like stress, anxiety, sadness, they can sometimes feel overwhelming. Through open awareness practice, you can build your capacity to observe thoughts and emotions, without getting lost and carried away by them. This practice also supports you in building the "muscle" of discernment to understand what most needs your attention and care.

Discussion Prompts

Open
Awareness
[6 min]

- Were you able to observe your thoughts and emotions during this practice? How might that be useful?

Impermanence
of Emotions
[10 min]

- Where are you holding on or getting caught in your life right now? How might this be serving you? How might this be limiting you?
- How can you be intentional with where you put your energy and attention?

SELF AWARENESS

Emotions influence behaviors, so it's important to be able to recognize emotions as they arise, especially challenging ones, and become more familiar with your emotional state and patterns. You can begin to understand your emotions by paying attention to how they feel in your body. This body scan practice will help you build a high-resolution awareness of what's happening physiologically, so you can start to have more insight into your emotional state as a foundation for the skill of managing your behavior.

Discussion Prompts

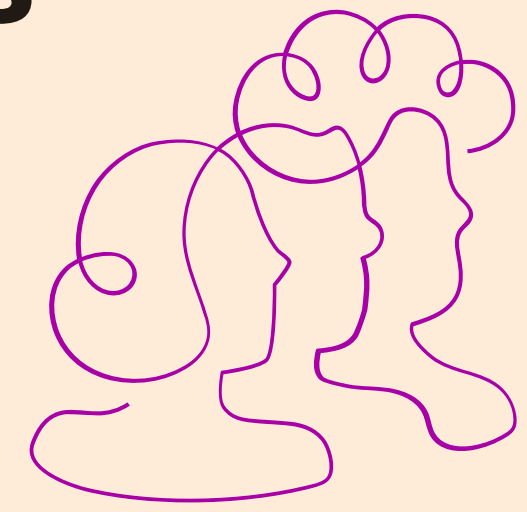
Body Scan
[10 min]

- What information is your body giving you - from your sensations, thoughts or emotions?

Body Scan
Longer Version
[16 min]

- What might be below the surface that is asking for your attention?
- How do you want to respond to the situation based on this information?

session topics, meditations & discussion prompts



EMPATHY & COMPASSION

Compassion is an antidote to the feelings of overwhelm or helplessness in response to the suffering of others and what's happening in the world. Compassion increases pro-social behavior and helps you feel more connected to yourself and others. This practice invites you to offer wishes to others in times of suffering so that you can meet them with care and compassion.

Loving-Kindness

[10 min]

Compassion

Practice

[13 min]

Discussion Prompts

- What does it feel like to offer yourself and others compassion?
- What do you most hope for those in your community? your workplace? country? the world?
- Is there something you can set as a cue to remind you to extend these wishes?

SELF-COMPASSION

Self-compassion is a key part of resilience that helps you respond to your challenges with care instead of self-criticism or avoidance while motivating you to continue to grow and improve yourself. Self-compassion down-regulates your brain's threat system, reducing amygdala hijack and anxiety, and allowing higher-functioning brain regions to come online for more effective thinking.

Self-Compassion

Break

[9 min]

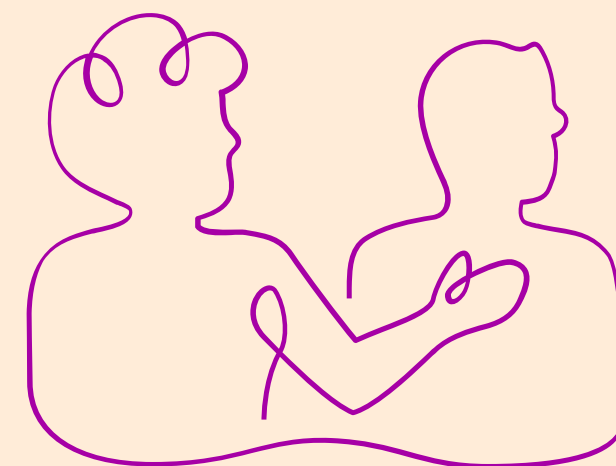
Compassion for Yourself & Others

[12 min]

Discussion Prompts

- What do you need for yourself right now?
- Do you find it difficult to receive compassion? Why do you think that is?
- How does self-compassion impact how you interact with your work or world?

session topics, meditations & discussion prompts



GRATITUDE

Gratitude can help you notice and appreciate the things and people supporting you while promoting resilience and refilling your tank with deposits of positivity and appreciation. Note that gratitude is not meant to dismiss or minimize the situation or our experience of it, but it can add a cushion around the challenges. Gratitude supports you to be with the full range of experiences, both challenges and joys, ultimately increasing your capacity to manage difficult experiences and be resilient.

Gratitude

[10 min]

Discussion Prompts

- What are the things or people that you're grateful for?
- What does gratitude feel like in your body and mind?
- How do you feel towards your current situation from the place of gratitude?
- How can you remember to take note of the things you're grateful for throughout your day?