

Learning to BREATHE Student Workbook— Eighteen-Session Version

“MINDFULNESS is paying attention in a particular way:
on purpose, in the present moment, and nonjudgmentally.”

—Jon Kabat-Zinn

- B Listen to your **Body**
- R **Reflections** (thoughts) are just thoughts
- E Surf the waves of your **Emotions**
- A **Attend** to the inside and the outside
- T Try **Tenderness**—Take it as it is
- H Practice **Healthy** Habits of mind
- E Gain the inner Edge. Be **Empowered!**

B

Mindfulness

is a way of paying attention to our experience that helps us live our lives in a healthy way.

1. **ON PURPOSE** (or really meaning to pay attention to the *inside* and the *outside*)
2. **IN THE PRESENT MOMENT** (knowing right now what's going on *inside* and *outside*)
3. **WITHOUT JUDGMENT** (treating yourself kindly, regardless of what your *inside* or *outside* experience is—without getting all caught up in it)



Theme B: My Mindful/Mindless Life

B

What things (or activities) in your life do you do on automatic pilot (mindlessly)? What are the things you do that fully engage you (mindfully)? Fill in the boxes with as many examples as you can name. You can also write about how you feel when you do things mindfully (with attention) or mindlessly (without attention).

My Mindful Life...

My Mindless Life...

B

Mindfulness in My Life

You can practice mindful attention in all of the moments of your day. As an experiment, select an activity from the list below as “your choice”: an activity that you choose to do with mindfulness on a regular basis. (If you wish to do activities that are not listed, you may write them in boxes 16, 17, and 18.)

1. Playing a game at recess	2. Going up or down stairs	3. Brushing your teeth
4. Getting dressed	5. Listening to someone	6. E-mailing or texting
7. Eating a meal or a snack	8. Walking down a hallway	9. Spending time at your locker
10. Washing your hands	11. Doing schoolwork or homework	12. Standing in line
13. Waiting for the bus	14. Packing your books for school	15. Changing classes
16.	17.	18.

You can cut out the squares and put them in a box. Select a new one each day. Continue to add new opportunities for mindfulness to your collection.

Now write what you will bring attention to as you do your chosen activity, or draw a picture of the activity that you’ve chosen to do in a mindful way.

Mindfulness in My Life Activity (Write):

Sensations _____

Thoughts/Reflections _____

Emotions _____

Mindfulness in My Life Activity (Draw):



B

My Home Practice: Theme B

1. Practice mindful breathing for at least three breaths at a time, three times per day.
2. Practice the “Body Scan” with audio (see audio downloads at www.newharbinger.com/27831) _____ times.
3. Do the “Mindfulness in My Life” practice.
4. Write about your experience in the box with lines, or draw your experience in the box without lines.

My Experience (Write):

My Experience (Draw):



Tips to Take Away: Three-Minute Body Scan

You can do a short “Body Scan” at any time, especially if you notice that you’re feeling tense or anxious.

B

Try it:

- while seated in class
- before tests
- before athletic events
- before speaking in public
- before getting out of bed in the morning
- before falling asleep
- while standing in line
- during social events
- before an interview



How to do it:

1. Use your attention to find your breath in your body.
2. Starting from either your feet or your head, move your attention through your body and notice your experience. Scan for tension in your feet; lower back; stomach; shoulders; face, jaw, or forehead; or wherever you hold tension in your body.
3. As you scan each area, breathe into the area, releasing tension and bringing in new energy as you did in the “Body Scan.”
4. Expand your awareness to your entire body and feel the breath move from your head to your feet.

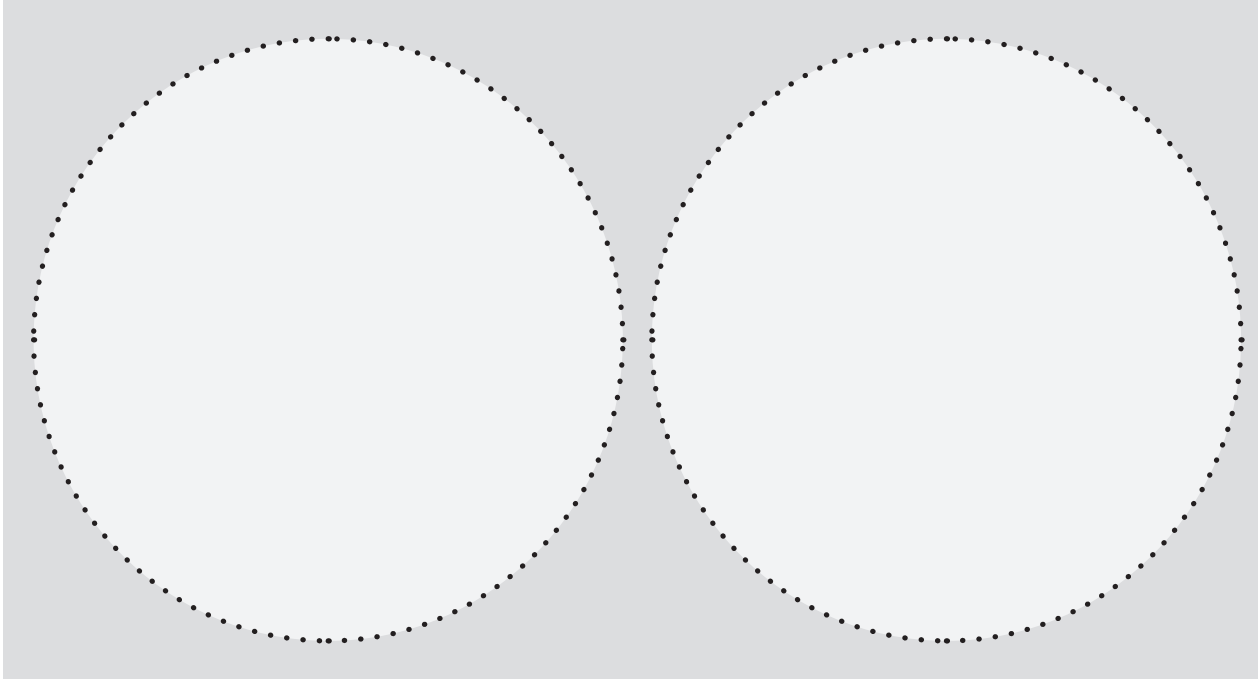
Theme R: Big Event Circles

Story 1

Write your thoughts in the circle below.

Write how you're feeling in the circle below.

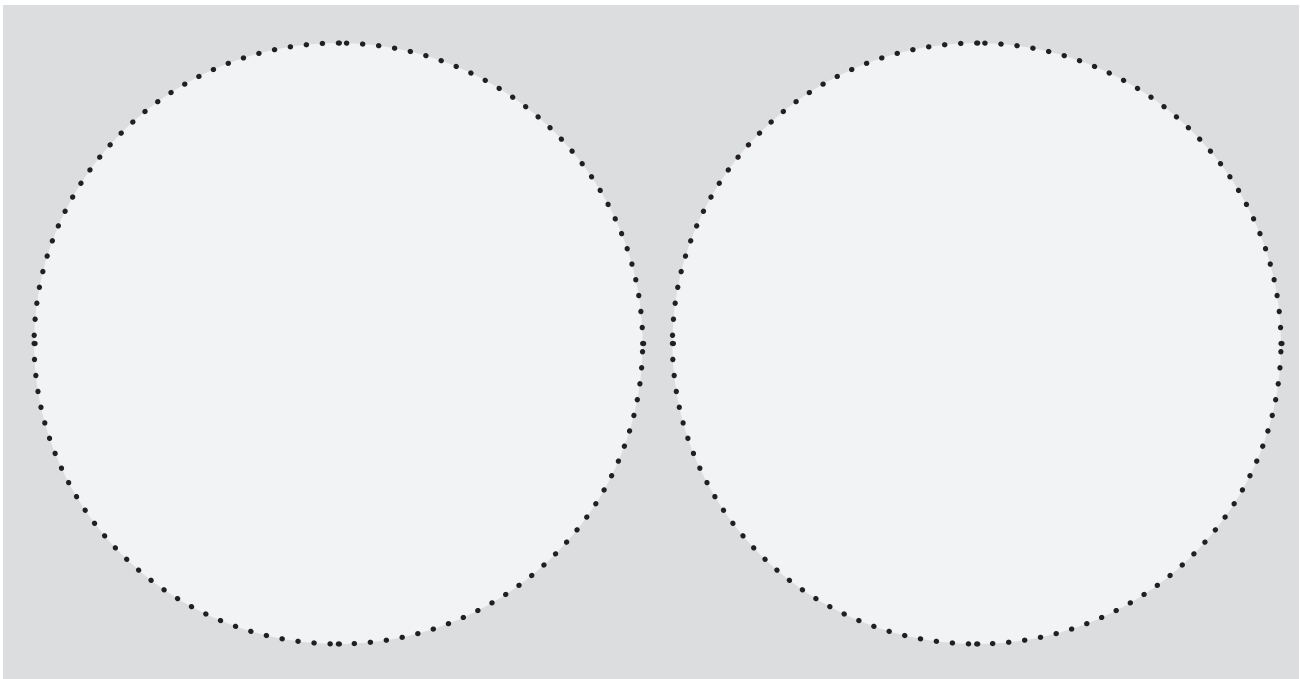
R



Story 2

Write your thoughts in the circle below.

Write how you're feeling in the circle below.



Theme R: All Kinds of Thoughts



They're just thoughts. Can you be mindful of all of them?

My Home Practice: Theme R

1. Practice mindful breathing for at least three breaths at a time, three times per day.
2. Practice a short period of mindfulness of thoughts (once a day, ideally; see audio downloads at www.newharbinger.com/27831).
3. Do the “Mindfulness in My Life” activity from theme B.
4. Write about your experience in the box with lines, or draw your experience in the box without lines.



My Experience (Write):

My Experience (Draw):

A large rectangular area defined by a dotted border, intended for drawing.

Theme R: Tips to Take Away: Dealing with Troubling Thoughts

Notice the thoughts that are arising in your mind.

Try



the

R

mindful approach:

1. Become aware of what your mind is doing: THINKING. It's generating thoughts. The thought is like a bubble that arises in the mind. It's just what the mind does.
2. Examine the thought with curiosity. How loud or soft is it in your mind? Does it yell to be heard, or is it quiet, like a whisper? How strong is it? Is it pleasant, unpleasant, or neutral? How long does it last? Don't try to push the thought out of your mind.
3. Get in touch with your breath as you observe the thought. Remember, it's just a thought. Don't struggle with it because that can make it stronger.
4. Watch the thought fade away. Return your full attention to your breath.

Emotion Faces

R



Anxious



Embarrassed



Surprised



Lonely



Hopeful



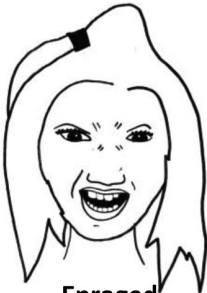
Shy



Frustrated



Mischievous



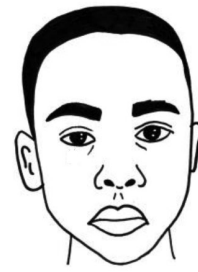
Enraged



Suspicious



Jealous



Sad



Disgusted



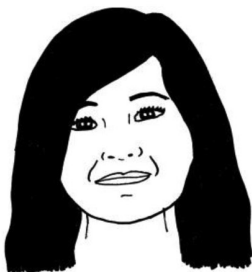
Confident



Guilty



Exhausted



Happy



Overwhelmed



Bored



Confused

My Home Practice: Theme E

- 1. Practice mindful breathing for at least three breaths at a time, three times per day.
- 2. Do a short mindfulness practice on feelings (once a day, ideally; see audio downloads at www.newharbinger.com/27831) once a day.
- 3. Continue with the daily mindfulness practice of your choice. Or continue your “Mindfulness in My Life” practice from theme “B.”
- 4. Write about your experience in the box with lines, or draw your experience in the box without lines..

My Experience (Write):



My Experience (Draw):

Tips to Take Away: About Anger and Other Uncomfortable Emotions

Everyone gets angry. Anger has many different names: irritation, frustration, impatience, rage, hatred, annoyance, resentment, irritability, and moodiness. Sometimes anger in the body feels like “heat.” Sometimes people say, “I am boiling mad,” or that others are “hotheaded.” Other times it can feel hard or stone cold. Anger can make us feel tense and tight. Anger makes us feel out of control. Anger makes us feel jumpy. Anger interrupts our thinking and interferes with our decision making. Sometimes when we are angry, we act impulsively in ways that hurt others or ourselves. Shouting, threatening, fighting, being rude or disrespectful, and name-calling are a few examples.

Kick the anger habit! We can think of anger as just energy in the body.

E

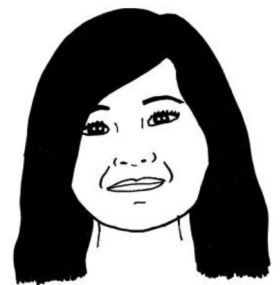
When you feel yourself getting angry:

- *Stop:* Pay attention.
- *Notice:* Where is the anger in your body?
- *Allow:* Let the feelings of anger be waves, coming and going. Don't try to block them or get rid of them. Don't try to hold on to them or keep them. Anger can be viewed as a strong energy in the body and mind.
- *Breathe:* Focus on the breath. See if you can ride the waves of the anger and watch them get smaller and smaller.
- *Say:* “I can feel this anger and care for myself without hurting others.”



Remember:

You can use this approach to work with any difficult feelings. Surf the waves of your annoyance, boredom, sadness, disappointment, jealousy, and so on. Breathe and watch the feelings rise and fall. They're not fun, but they will pass. And you will become stronger and more balanced.



A Stressed-Out Case

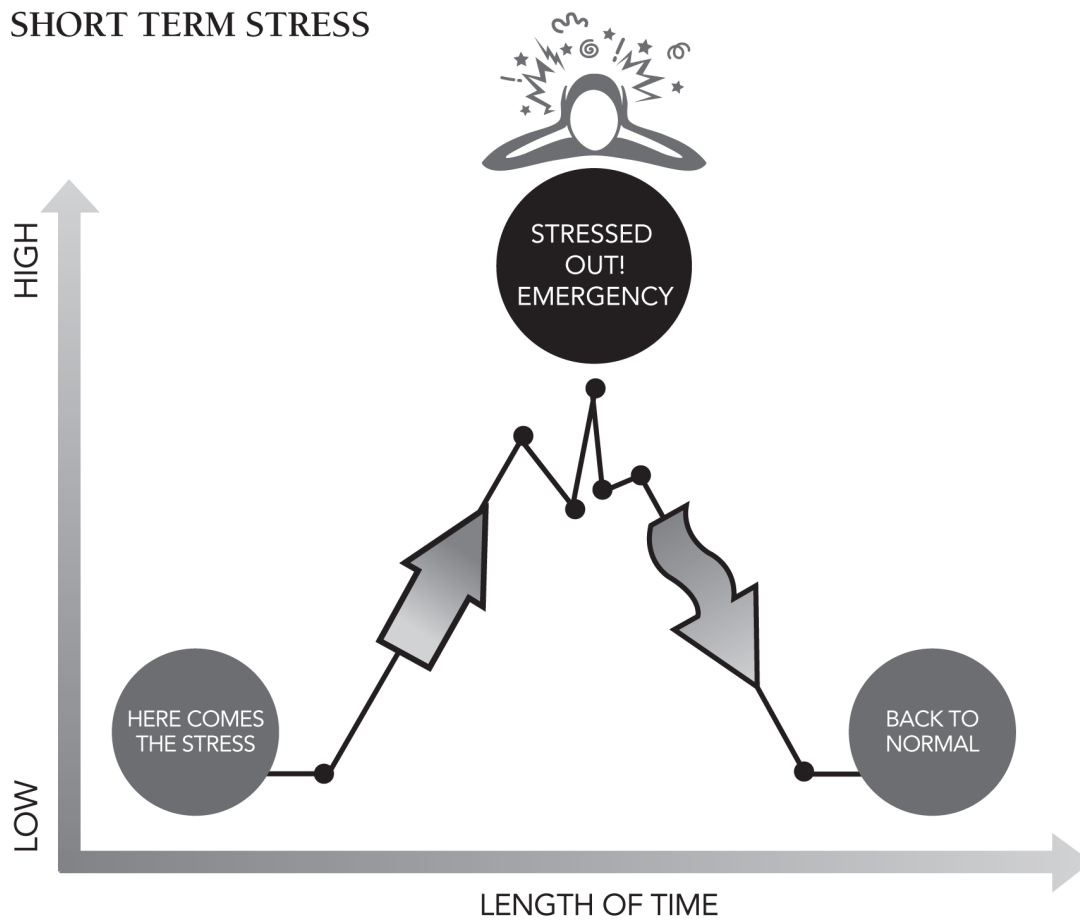


A



What's My Limit?

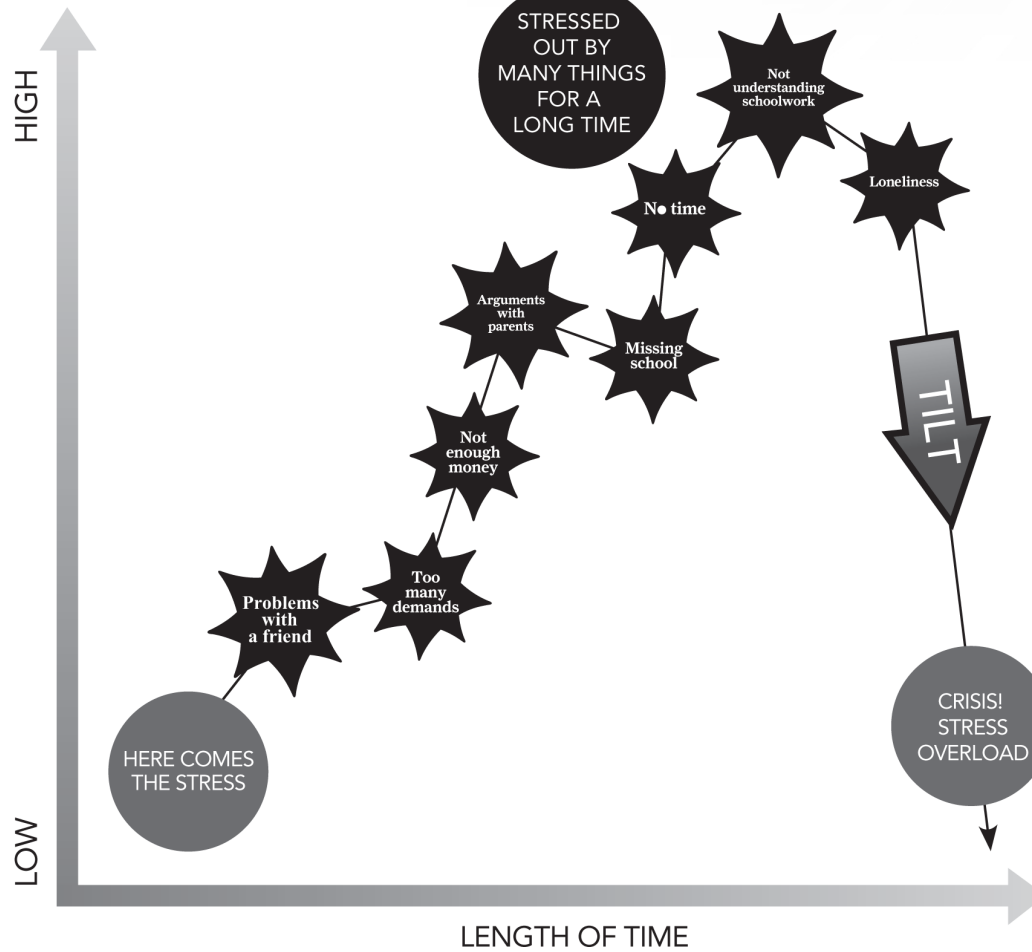
SHORT TERM STRESS



Did you know?

- Your body's fight-or-flight response is intended to help you deal with stress.
- Your body gets a temporary boost of energy in an emergency, which helps you cope.
- Some foods (cola, coffee, tea, chocolate) and drugs (nicotine) also cause a stress-like reaction in your body.
- Our bodies respond to mental stress in the same way that they respond to physical threats.

**LONG TERM
CHRONIC STRESS**



List

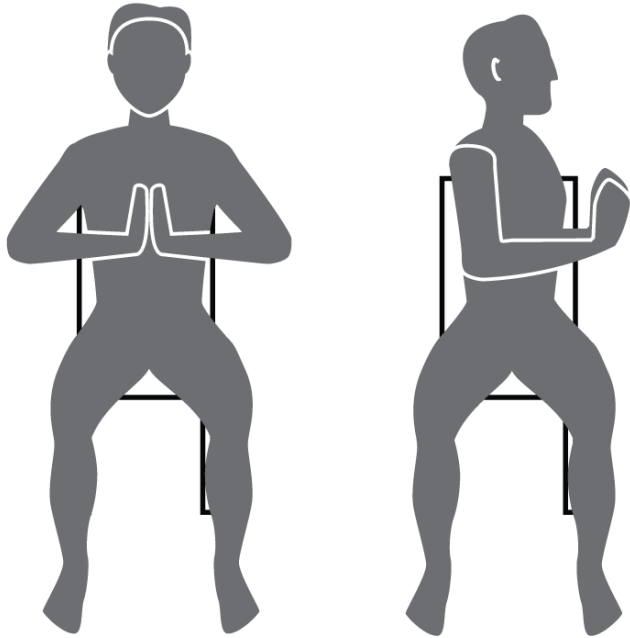
your chronic stressors

List your chronic stressors. “Chronic” means that they happen a lot.

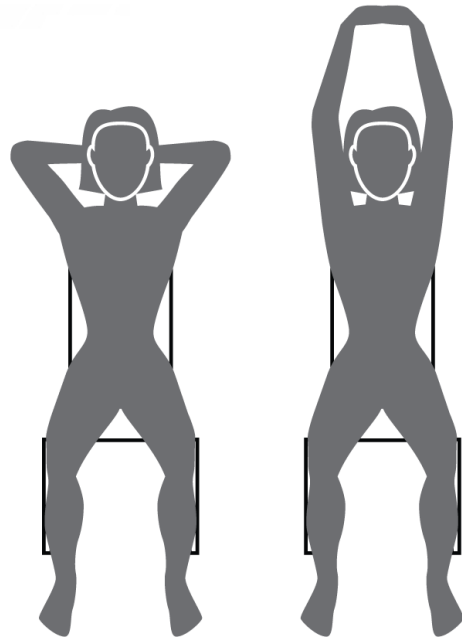
- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Circle your top three stressors.

Sitting Postures:

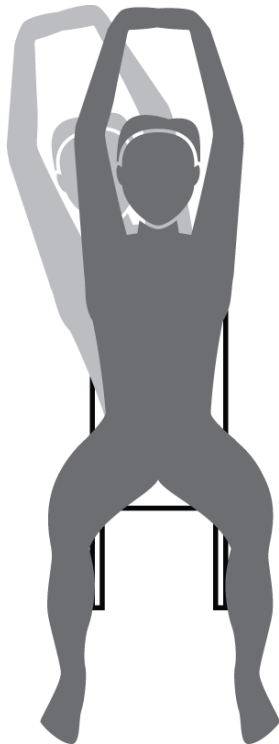


Palm Press

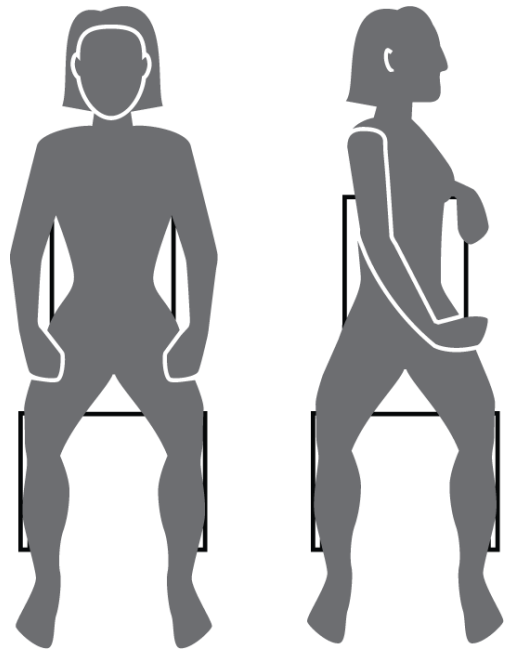


Upward Stretch

A

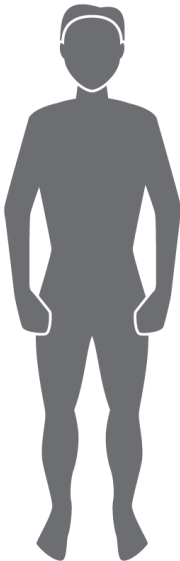


Seated Tree

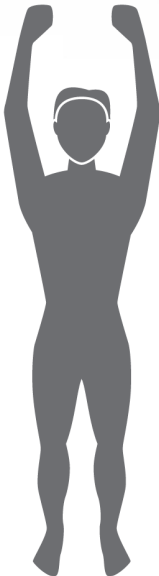


Seated Twist

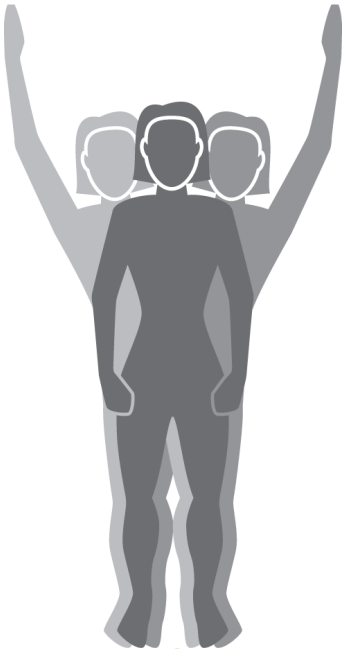
Standing Postures:



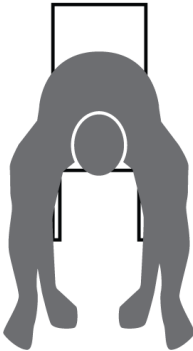
Mountain Pose



Upward Stretch



Reach Up



Taking Your Seat

1y



Home Practice: Theme A

1. Practice mindful breathing for at least three breaths at a time, three to six times per day.
2. Practice mindful movements or mindful walking each day.
3. Begin to notice thoughts, feelings, and physical sensations as they arise throughout the day.
4. Do the “Mindfulness in My Life” practice from theme B.
5. Write about your experience in the box with lines, or draw your experience in the box without lines.

My Experience (Write):

A

My Experience (Draw):



Tips to Take Away: Mindful Eating

PRACTICE 1

1. Pick a food or snack. Pretend that you have never eaten this food before and that this is a new and interesting experience.
2. Look at the food with curiosity. Notice color, textures, shapes, smells, sounds.
3. Before chewing, experience what the food feels like in your mouth.
4. As you chew, notice all the movement and sensations. Swallow more slowly than usual.
5. Slow down the pace of eating.

PRACTICE 2

Try eating a snack or a meal in silence.

PRACTICE 3

Try practicing gratitude for all the people whose work made it possible for you to eat this food.



A

Eating Awareness Experiment

Practice mindful eating by choosing one experience of eating each day and trying to become aware of that experience while it is happening. Record in detail your responses to the questions below, after the experience.

What did you eat? (Feel free to draw a picture.)

How aware were you of eating (chewing, swallowing, tasting) while it was happening (very aware, mostly unaware)?

A

How did your body feel while you were eating? Describe the sensations using your five senses.

What feelings or thoughts did you notice while eating?

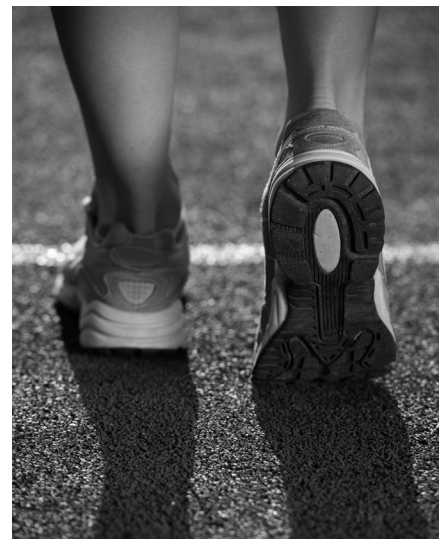
Tips to Take Away: Mindful Walking

Pay attention to all the sensations of movement as you walk.

1. Choose a period of time to practice mindful walking. Select an area or path (even in your bedroom) where you can practice without interruption.
2. Notice the contact of your feet with the floor or the ground when you stand.
3. As you begin to walk, slow down your pace and focus your full attention on walking.
4. Notice:
 - Weight shifting from one foot
 - Lifting of the foot
 - Moving the foot forward
 - Placing the foot on the floor
5. Be mindful of fifteen to twenty steps in one direction. Stop and feel the sensations in your feet. Mindfully turn around and pay attention to fifteen to twenty steps in the other direction. Stop and repeat several times.
6. When your mind wanders, just bring your attention back to the sensations of walking.

You can do mindful walking:

- **As you move from place to place.** Use the transition as a time to be in your body by experiencing the sensations of walking.
- **As you walk up stairs.** Feel the movements of your body and the changing sensations.
- **Instead of rushing.** Try slowing down to pay attention.



A

Ways We Take Care of Ourselves

Write or draw your ideas here:

Thoughts



Actions



Feelings



T

Ways We Don't Take Care of Ourselves

Write or draw your ideas here:

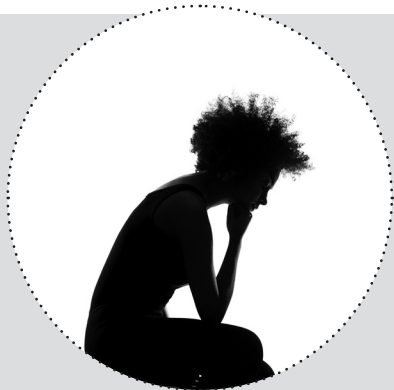
Thoughts



Actions



Feelings



My Home Practice: Theme T

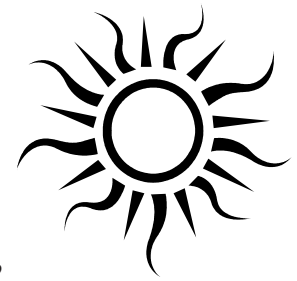
1. Practice mindful breathing for at least three breaths at a time, three to six times per day.
2. Do a short loving-kindness practice _____ times. Change the language to suit yourself, if desired.
3. Begin to notice thoughts, feelings, and physical sensations as they arise throughout the day. Pay particular attention to thoughts and feelings that are related to self-criticism or criticism of others.
4. Write about your experiences in the box with lines, or draw your experiences in the box without lines.

My Experience (Write):

My Experience (Draw):



A Recipe for Positive Emotions: Daily Doses of Gratitude



Gratitude helps make us happier and more resilient, because when we're grateful, we notice and appreciate all that we have. We're more likely to remember these good things when things get hard. Gratitude is more than just a nice feeling; it is a **practice**. **Gratitude is both a noun and a verb**. We practice gratitude in order to cultivate it and help it grow. The recipe for gratitude is practicing grateful thoughts, grateful feelings, and grateful actions. By practicing gratitude each day, we can get our daily recommended dose. Cut the squares and place them in a box or an envelope. Try choosing one activity each day as your special practice. Add to the squares by making your own suggestions.

Write a gratitude note to someone to thank that person for something he or she did for you.	Keep a notebook where you list some things you're grateful for each night before you go to bed.	Notice something that a relative does for you, and thank that person.	What foods are you grateful for? Eat one of them mindfully.
Write down five things about yourself (your talents, skills, and so on) that you are grateful for.	Be mindful that people you don't know very well often show you kindness. Say "thank you" often.	While riding in a car, try to identify ten things that you see that make you grateful.	When you watch a TV show, notice whether the characters have an attitude of gratitude. How do they show it?
Be mindful of the good things that happen in your day, even if they are small. What's the tiniest good thing you can notice? The biggest?	Notice something a friend does for you, and thank that person. Make an effort to repay the favor.	Notice how having kindness, compassion, and gratitude toward others feels in your body (maybe in your heart or face).	What music are you grateful to be able to listen to? Listen to it mindfully.
Read a story about gratitude. Read or write a poem about gratitude.	Offer loving-kindness practice to a friend as a way of showing your appreciation for that person.	Notice something a teacher does for you, and thank that person.	Think of your pet or an animal you like. Consider how much the animal makes you happy.
Try to do a favor for someone you appreciate without their noticing (for example, putting something away). Can you keep this a secret?	Make a gratitude collage of pictures of things and people you're grateful for. Hang it in your room to remind you to practice gratefulness.	Try to say something good about a person who becomes the subject of a conversation.	When you see someone who is sick, sad, or angry, send that person kindness.
When you are feeling sad, upset, or angry, notice and stop. Pay attention to your breath. Think of three things you are grateful for.	What sports are you grateful to be able to play? Play mindfully.	Notice something good about a classmate you don't know well. Notice that you can feel gratitude for having this person in your life.	Pick something that you usually take for granted (like water, trees, your house, and so on), and make a list of reasons why you're grateful for it.



My Home Practice: Theme H

1. Practice mindful breathing as often as possible throughout the day.
2. Practice being mindful in your daily life.
3. Note your observations and reflections in the box below.

Write how you plan to practice mindfulness in your daily life:

Draw how you plan to practice mindfulness in your daily life:



Designed to “Re-Mind”

By: _____



H

Tips to Take Away: *Mindfulness Cues*

- ★ Ride in a car or walk with the music turned off, for a change, to notice your surroundings.
- ★ Take three slow, mindful breaths as you get up in the morning and before you go to sleep.
- ★ When you talk to a friend, really listen. Gently let go of your own thoughts and ideas, and tune in to what the person is saying.
- ★ Each time you hear a bell ring (at home or school), take a mindful breath.
- ★ Choose a path or street that you walk or run down regularly. Practice mindful walking or running each time you go there.
- ★ When you are outside at night, really look at the stars for a minute or two.
- ★ When you go outside during the day, really look at something beautiful in nature for a minute or two.
- ★ Exercise or play a game mindfully. Pay attention to thoughts, feelings, and the movement of your body.
- ★ Practice taking a mindful breath before responding to an e-mail or text message, or before answering a question.
- ★ Focus your attention by taking five mindful breaths before you begin to work on something.
- ★ Continue to expand on your chosen mindfulness practice from theme B, “Mindfulness in My Life.”
- ★ Practice kindness to yourself and others at least once a day.