



Positivity

101

Minute Mindfulness Course: **Week 1**

Getting Started

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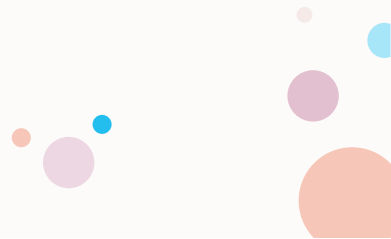


Day 1: Breathing

The breath is an important part of mindfulness. Many cultures emphasize that control over the breath greatly helps control over the mind.

Steps:

- Set a silent timer for 1 minute.
- Focusing all your attention on your breath, take deep inhales and exhales. Try to match them with the other group members. This should be slow-- about a 4 second inhale and 4 second exhale.
- Don't try to actively calm your mind yet; just focus on taking quality breaths.





Day 2: Focusing

Deep breathing helps clear the mind and allows us to focus on one thought or emotion at a time.

Steps:

- Set a silent timer for 1 minute.
- We're still focusing on the breath and taking deep inhales and exhales. But this time, we're going to try and focus on one thing that is in our mind— a thought, an emotion, a feeling, etc.
- Take that feeling and solidify it. Explain what the thought is about or why you are feeling a certain way. Justify your thoughts to yourself.
 - If you can't justify your thoughts or feelings, ask yourself why. What's stopping you? Build on that thought.

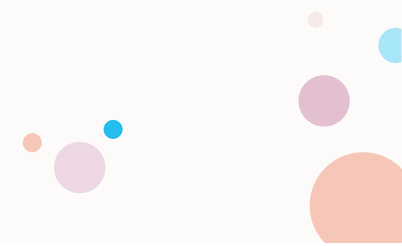


Day 3: Sorting

Sorting takes focusing on a specific emotion to the next level.

Steps:

- Set a silent timer for 1 minute.
- Focus your attention on the breath, and focus on a specific thought or feeling. This time, we'll be going through multiple thoughts or feelings.
- As you go through one at a time, try to sort it as either a *positive* or *negative* thought/feeling.





Day 4: Sorting Pt. 2

Sorting takes a bit of practice... let's take it to the next level today.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 2 minutes.
- Like yesterday, focus your attention on the breath, and focus on a specific thought or feeling. This time, we'll be going through multiple thoughts or feelings.
- As you go through one at a time, try to sort it as either a *positive* or *negative* thought/feeling.
- Next, target the thoughts/feelings you labelled as *negative* and write them down and your reasoning. (2 minutes should be up by now)
- Think of what you can do to address these negative thoughts and emotions and write down how you plan to overcome them below your reasoning.



Day 5: Calming

Calming the mind is somewhat related to focusing and sorting. Once you're able to identify your thoughts and feelings, you can work to calm the racing mind.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Focus your attention on the breath and take long inhales and exhale. **However**, this time, actively try to calm your mind from thoughts. Just focus on the tempo of your breath.
- If you find it difficult to calm your mind, then use the writing utensil and paper to write down what you are thinking about. Briefly note what's on your mind and go back to breathing once you've noted it down.