

This Way Up

Programme workbook

This workbook accompanies the 'This Way Up' programme. It workbook has details of the suggested 'home practice' in between the live sessions, as well as written reflections. In some live sessions you will also be invited to jot down notes here, or on blank paper. We encourage you to make best use of these resources to get the most from the programme.

Setting your intentions for the programme

As you embark on this programme, you're invited to spend a bit of time reflecting on what you would most like to get out of it. What are your main goals and aspirations? Feel free to jot down a few notes in the space below:

My intentions for this programme:

Home practice after session 1

1. **'Waking up to yourself' meditation** – follow the instructions on the audio meditation
2. **Mini meditations** – several times a day take some brief time-outs with either of these two practices. You can use the audio at first. Eventually you will be able to guide yourself:
 - Mindful minute
 - Three-step breathing space
3. **Do a routine activity 'mindfully'**: Pick a routine activity that you do every day – for example, brushing your teeth. Instead of doing it on 'autopilot', try and get into more of a 'being' mode by bringing awareness to the physical sensations in your body. Notice anything coming into you through your senses: sounds, textures, light and colour, smells and so on. Bring curiosity and interest to how this routine activity feels different each time you do it.
4. **Do something different**: sit in a different chair from the one you usually do. What does it feel like? What do you notice when you change something around like this?
5. **Notes**. Feel free to jot down what you discover by doing the practices – whatever feels relevant to you, but here are a few possible pointers:
 - How much time do you normally spend in 'doing' mode?
 - What happens when you focus your attention on one part of your body, or your breath? How easy is it?
 - What's different about doing a routine activity when you notice what it feels like in your body?

Notes space

Home practice after session 2

1. Alternate each day between these two practices:

- 'Waking up to yourself' meditation – follow the instructions on the audio meditation
- 'Movement meditation' – follow the video / audio instructions.

2. Keep doing a routine activity 'mindfully':

3. Mindfulness in nature: choose a regular walk in your local area and bring mindful awareness to the experience. Notice things around you. Perhaps choose a few particular objects of interest and spend a few moments really noticing everything about them - using all your senses.

4. Jot down some notes about how certain events are connected with habitual thoughts, emotions and body sensations. You can use the format of the table below to capture what you discover:

Event/situation <i>Briefly describe the situation</i>	Automatic thoughts <i>Any automatic thoughts?</i>	Emotions <i>What emotions came up?</i>	Body sensations <i>Any body sensations?</i>

Home practice after session 3

1. Alternate each day between these two practices:

- 'Working with your thoughts' meditation – follow the instructions on the audio meditation
- 'Movement meditation' – follow the video / audio instructions.

2. Working with your thoughts away from meditation – try using some of the techniques detailed above to help you work with unhelpful thoughts that you notice.

3. Mini meditations: three step breathing space and/or the mindful minute – practice this whenever you have a spare few moments: either on your own, or listening to the audio.

4. Do something different: instead of watching your favourite TV show, choose something different to do instead (don't worry, you can record it and watch it another time!)

5. Jot down some notes about how you are relating to your thoughts. If you feel stuck, these pointers might help:

- Am I taking my thoughts to be facts?
- How do my thoughts affect my behaviour?
- Are there common threads through many of my thoughts?

Notes space

Home practice after session 4

1. Alternate each day between these two practices:

- 'Acceptance' meditation – follow the instructions on the audio meditation
- 'Movement meditation' – follow the video / audio instructions.

2. Practising acceptance away from meditation – try using some of the techniques outlined above to practise acceptance.

3. Three step breathing space – use this whenever you get triggered or are experiencing some difficulty: either on your own, or using the audio.

4. Do something different – the next time you watch the news or read a newspaper, notice when you have a strong opinion about something. Then try constructing an argument that's totally the opposite.

5. Jot down some notes about what you notice when you allow yourself to turn towards all your experiences more. If you get stuck, here are some pointers:

- How do I tend to try and fix or block out difficult experiences?
- What happens when I allow myself to feel them more – even if only for a moment longer?
- What else might I be blocking out of my life by doing this?

Notes space

Home practice after session 5

1. Alternate each day between these two practices:

- 'Wise choices' meditation – follow the instructions on the audio meditation
- 'Kindness' meditation – follow the audio instructions.

2. Three step breathing space: practise this as a way to find a wise choice quickly in a situation: either on your own, or listening to the audio.

3. Mindful communication: when you're in communication with someone else, see if you can be more aware of your own feelings and needs, and sense what theirs' are too.

4. Getting to know yourself better: Jot down some notes about which 'up' activities you could do more of, and which 'down' activities you could do less of.

5. Do something different – Strike up a conversation with someone you don't know.

Notes space

Ongoing home practice after session 6

1. **Meditation** – work with a combination of any of the main meditations – either with or without the audio guided versions.
2. **Daily mindfulness** – refer to the suggestions above
3. **Getting to know yourself better** – keep writing your 'life manual', as described previously.
4. **Keep doing something different** – use your imagination!

Notes space