



Week 1 - Simple Awareness

Introduction to the Body Scan

Now that you've experienced the **Introduction** and completed the **Getting Started Worksheet** (see **Getting Started**), you are ready to begin. **Welcome!**

NOTE: *The links to all the materials described below are given in the colored section at the bottom of the page.*

Videos

The videos for this week begin with two short videos by Jon Kabat-Zinn, **Life is Right Now**, in which he talks about how science is beginning to understand the process and effects of meditation, and **Befriending the Body**, where he talks about the importance of our relationship with our body in this course.

The video, **Managing Anxiety with Mindfulness** by Rachel Green, was originally made to address anxiety, specifically test anxiety and panic attacks, but provides a great introduction to some of the basic components of mindfulness meditation, including mindful eating and breath meditation..

Readings

Each week, there are readings which are an important part of the program. This week, the main reading is about the **Body Scan Meditation** you will be doing for your 30 minutes of daily practice this week. **Mindfulness for Caregivers** describes why mindfulness can be applied in caring for people with conditions affecting the brain. Also included are **7 Myths of Meditation**, and **Why We Find It So Hard to Meditate** address common misunderstandings, including the idea that one must have a quiet mind to meditate successfully.

Daily Practices

This week begins your 30-minute daily **Formal Practice**, which is the **Body Scan Meditation**, which you can find in the menu just to the left of this text under "Guided Practices". Below, you can see the link to the **Formal Practice sheet**, where you will be making brief notes about your practice. *[NOTE: If you will be completing this by hand, print the **PDF file**, but if you'd like to complete it on your computer, download the **WORD file**.]*

For the **Informal Practice** this week, it is suggested that you bring mindful awareness to some otherwise routine activity such as washing the dishes and/or eating a meal. At the end of each day, using the **Informal Practice sheet** you will be printing or downloading for this week (see below), take just five minutes or so to see if you can recall a daily activity which you brought awareness to that day.

OK, let's get started! Below are your materials for this week:

Videos *[with most browsers, once you start the first video, the others will follow automatically]*

Life is Right Now and **Befriending the Body** by Jon Kabat-Zinn [11 min total]

Managing Anxiety with Mindfulness by Rachel Green [15 min]

Reading *[print these for your manual or read them online]*

Mindfulness for Caregivers by Presence Care Project

The Body Scan Meditation by Jon Kabat-Zinn

7 Myths of Meditation by Deepak Choprah

Why We Find It So Hard to Meditate by Mindful Staff

Practice Sheets *[print PDF file to record your daily practices]*

Formal Practice [PDF] – Body Scan

Informal Practice [PDF] - Simple Awareness