

~ THE POWER OF ~
MINDFULNESS



Mindfulness Resource Sheet

This mindfulness resource sheet is split into two parts:

Part 1: Further reading, tools and resources

Part 2: A rundown of different CBT techniques and mindfulness terminology

Part 1: Further Reading and Resources

Headspace

www.headspace.com

Headspace is an app and a website that provides a large number of guided meditations split into short sessions. This is the perfect tool for someone who wants to learn mindfulness meditation but is not sure how to start, as it will take you from being an absolute beginner and then show you all the different methodologies.

Unfortunately, this service is not free and the price tag may therefore only add to your stress! The good news is that you can do the first 10 sessions for free though and by that point, you'll have a pretty good idea of how mindfulness actually works.

NeuroSky

<http://store.neurosky.com>

NeuroSky is a company that develops EEG headsets for a commercial audience. This makes them really rather unique.

EEG stands for 'Electro Encephalograph' and measures the electrical activity of the brain. The more your neurons fire, the more active your mind is. This can therefore provide you with the feedback you need to ensure you keep improving at meditation and to calm your mind. It's an excellent tool but not cheap.

Willbown.com

www.willbown.com

Will Bowen creates wristbands that are designed to teach you not to complain so much. You can read about this principle more at Tim Ferriss' blog (<http://fourhourworkweek.com/2007/09/18/real-mind-control-the-21-day-no-complaint-experiment/>) but the general concept is that the band reminds you that you're not allowed to complain for 21 days (by which time you should have formed a habit).

The idea behind this is to show you how much your life can change by changing your language – something we talked about in the *free report*. You can buy a wristband from the site but of course there are cheaper things you can use... literally anything will work!

Diary

Creating a diary or journal is one of the best things you can do to improve your mindfulness. That's because it forces you to reflect on your day, which is a great way to think about yourself in an honest and objective way.

The Rise of Superman: Decoding the Science of Superhuman Performance

This is a book by Steven Kotler that deals with the idea of the 'flow state' in some detail. We touched on this concept in the book but it's essentially the notion that there are 'positive' types of stress that can help us to perform our best. Steven is interested in hacking those states, which is similar to using CBT.

Part 2: Glossary and Techniques

CBT

CBT is 'cognitive behavioural therapy', which in turn is a psychotherapeutic intervention which is used alongside mindfulness to help people overcome negative thoughts and emotions.

Cognitive Restructuring

Cognitive restructuring is the component of CBT that involves changing the way we think. This can be broken down largely into several more techniques:

Thought Challenging: Here we look at the thoughts we have regularly and assess just how realistic and grounded they are. Ask yourself if your fears are based on reality and if you really need to be afraid of them. Normally the answer is no.

Hypothesis Testing: This is where you *prove* to yourself that you don't need to be afraid of something by actually testing it. Afraid of choking during a speech? Then purposefully choke and show yourself that it really doesn't matter!

Positive Affirmations: Positive affirmations are the opposite of negative ruminations. You're simply repeating positive phrases that put you in a better state of mind. For these to work, you have to really believe them. By repeating them enough, you will hopefully make them habit so that you are thinking more positive by default.

Reassociation: Repeat exposure to the stimulus that makes you stressed but while staying calm to help you re-associate.

Visualization

You can use visualization in order to go to a happy place during meditation. At the same time, you can use it in order to visualize goals or achievement. Visualization is effective because it causes neurons to fire in the brain as though that thing were really happening. This can in turn allow you to become happier, more confident or to alter your emotions in really any other way.

Gratitude

Practicing gratitude means taking the time to go over all the things you're grateful for. When you do this, you are simply focussing on things that make you happy instead of the things that make you frustrated. In turn, this helps you to feel much more positive and to thereby lead a happier life.

Journaling

Journaling means writing down your thoughts, your feelings and your day – simply as a way to practice being more self-reflective. Most cognitive behavioural therapists recommend using this in conjunction with mindfulness meditation as a way to become more self-aware.

The Law of Attraction

The law of attraction states that when we act a certain way or believe a certain thing, that thing becomes real. This is based on the idea that 'like attracts like'.

At first this might sound absurd but it actually makes a lot of sense. When we believe that we are highly capable for instance, we walk with more confidence, we take more risks and we put ourselves up for more opportunities. People then *think* we must be more capable and so they start to offer us more opportunities and give us more responsibility. Simply through the act of belief, we have thereby managed to help ourselves become more important.

Fear Setting

Fear setting means looking at the things you're afraid of that are preventing you from pursuing your goals or living the life you want and then identifying just how realistic each fear is. At the same time, you also write down contingency plans for how you would deal with each problem, should it arise.

This is essentially a form of thought challenging, except it's more methodical.

Abdominal Breathing

The correct type of breathing that involves breathing from the stomach first and *then* the chest.