

Headspace for Educators

Daily Practice Guide



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A Letter from our Social Impact Team

Hi,

With educators being pressed for time, and with so many things loudly demanding their attention, it's very easy for a personal mindfulness practice to get squeezed out. We hope that this guide makes things a little easier. It aims to provide you with the guidance and support to build and deepen your own personal mindfulness practice.

Our Social Impact team bakes impact into everything our company does. Going beyond the traditional concept of corporate social responsibility, we find innovative solutions to achieve our mission to improve the health and happiness of the world. We are committed to supporting every educator and student in the US by helping them reduce stress, build resiliency, and live more mindfully.

We've collaborated with partners and educators to inform, customize, and curate our in-app content that's most relevant to educators. It is important to note that these are only suggestions. While many of the suggested sessions in this guide can be applied to your students in the classroom, the purpose of this guide is to support you with your personal journey. We are currently developing resources specific to integrating mindfulness into the classroom, but more on that will come later.

We've structured the guide over a 6-week period with suggested content during three key times of the day: before, during, and after school. We recommend starting your practice with the first week's theme: Welcome to Headspace. After that, you can choose to follow our suggested order of courses, or simply choose the topics that speak to you the most. The sessions can easily be anchored to your current routines or transitions throughout the day.

We're so incredibly honored to help provide support and encouragement to help you build a healthy and happy routine that lasts a lifetime.

Mindfully,

THE HEADSPACE SOCIAL IMPACT TEAM

INTRODUCTION

Welcome to Headspace

Meditation can have a positive effect on both mental and physical health. Start your program by focusing on key mindfulness techniques to create a healthier, happier life.

TIP OF THE WEEK:

Watch the “Take a Tour of Headspace,” “Am I Making Progress?” and “Free Your Mind” Animations.

MORNING

Learn the Techniques

- Body Scan Animation (1 MIN)
- Resting Awareness (1 MIN)
- Focused Attention: Noting (1 MIN)
- Loving Kindness (1 MIN)
- Reflection (1 MIN)
- Skillful Compassion (1 MIN)
- Everyday Headspace (3 MIN)

MIDDAY

Overcoming Common Obstacles

- Sleepiness (4 MIN)
- Impatience (4 MIN)
- Motivation (4 MIN)
- Worry (7 MIN)
- Posture (7 MIN)
- Itching (4 MIN)
- A session from your “My Courses” section

EVENING

Sleep Wind Downs

- Switching Off (5 MIN)
- Noting (3 MIN)
- Deep Breathing (2 MIN)
- Light Visualization (5 MIN)

WEEK 1

Building your practice

Headspace can reduce stress and increase happiness. This is the perfect time to start looking after your mind.

TIP OF THE WEEK:

If at any time throughout your practice, you are feeling stressed or burned out, visit our SOS meditations under the “Stress & Anxiety” tab.

MORNING

Guided Meditation

Visualization (1 MIN)

Waking up (3 MIN)

Everyday Headspace (3 MIN)

Early Mornings (3 MIN)

Remember the Blue Sky Animation (1 MIN)

Monkey Mind Animation (1 MIN)

Letting Go of Effort Animation (2 MIN)

MIDDAY

Singles, Minis & Animations

Unwind

Restore

Stressed

Taking a break

Reset

Alone time

A session from your “My Courses” section

Remember the Blue Sky Animation (1 MIN)

EVENING

Sleep Sounds

Each evening before bed, choose from one of Headspace’s Sleep Sounds

WEEK 2

Sleep

Quality sleep is critical for how our minds and bodies function. Use the content this week to prioritize getting better sleep so you can be your best.

TIP OF THE WEEK:

Do sleep exercises as if they are meditation. Recognize the distractions but don't judge them. Just let them pass.

MORNING

Guided Meditation

Waking up (3 MIN)

Everyday Headspace (3 MIN)

Early Mornings (3 MIN)

Remember the Blue Sky Animation (1 MIN)

Monkey Mind Animation (1 MIN)

MIDDAY

Guided Meditation

Choose a session from your "My Courses" section that speaks to you today.

EVENING

Sleep Guided Meditations

Sleeping (3-10 MIN)

End of Day (3-10 MIN)

Falling Back to Sleep (3-10 MIN)

Good Night (1-20 MIN)

Letting Go of Effort Animation (2 MIN)

WEEK 3

Movement

Getting ourselves moving is an important part of being mentally and physically healthy. Remember, every bit counts and choose what works for you.

TIP OF THE WEEK:

Check out some of our favorite Movement singles such as "Hit Reset," "Get motivated," "Training," and "Take a Break."

MORNING

Choose a session from our **"On-the-Go exercises"** content under the Day to day exercises tab (3-10 MIN)

Choose a session from our **"Single meditations"** content session under the Sports tab (3-10 MIN)

MIDDAY

Choose a session from **"Eyes-open exercises"** content under the Physical Health tab (3-10 MIN)

Choose a session from our **"Workouts"** content under the Physical Health tab (3-10 MIN)

EVENING

Choose a session from **"Mindful activities"** content under the Day to day exercises tab (3-10 MIN)

Choose a session from our **"Take a break"** content under the Day to day exercises tab (3-10 MIN)

Click the Sleep icon and choose a session from our Sleepcasts, Sleep Sounds, or Wind Downs (3-10 MIN)

WEEK 4

Relationships

Headspace can help improve compassion and reduce aggression, key components to getting along with others.

TIP OF THE WEEK:

If you're feeling overwhelmed or angry, be sure to check out our "SOS Meditations." Or if you feel like you need a bit of alone time, check out our "Take A Break" content in our Day to day exercises tab to start.

MORNING

Guided Meditation

- Waking Up (10 MIN)
- Early Mornings (10 MIN)
- Difficult Conversations (10 MIN)
- Managing Conflict (10 MIN)
- Everyday Headspace (10 MIN)

MIDDAY

Overcoming Common Obstacles

- Sleepiness (4 MIN)
- Impatience (4 MIN)
- Motivation (4 MIN)
- Worry (7 MIN)
- Posture (7 MIN)
- Itching (4 MIN)
- A session from your "My Courses" section

EVENING

Sleep Wind Downs

- Switching Off (5 MIN)
- Noting (3 MIN)
- Deep Breathing (2 MIN)
- Light Visualization (5 MIN)

WEEK 5

Mindful Eating

Headspace can help improve compassion and reduce aggression, key components to getting along with others.

TIP OF THE WEEK:

Habits around food can be strong, and sometimes take time to unwind. Be gentle with yourself.

MORNING

Guided Meditation

Choose an Animation from

Helpful Tips & Support (3 MIN)

Focus (3 MIN)

Everyday Headspace (3 MIN)

MIDDAY

Guided Exercises & Animations

Eating with Your Senses (1 MIN)

Eating with Appreciation (1 MIN)

Eating without Distraction (1 MIN)

Changing Perspective Animation (1 MIN)

Hole in the Road Animation (1 MIN)

EVENING

Sleep Wind Downs

Switching Off (5 MIN)

Noting (3 MIN)

Deep Breathing (2 MIN)

Light Visualization (5 MIN)

You did it! Congratulations

