



The Insurance
Institute of
Manchester
Chartered Insurance Institute

MIIndful 10 Sessions schedule

Join us for 10 days of 10-minute mindfulness meditations.
Bring a short burst of self-care into your day. You are welcome to
join every day, or you can dip in and out at a time that suits you.



DAY 1

Finding the Breath

- The body is always breathing, and the breath is constantly moving. Your breath is not only the best place to start; it is a constant you can return to anytime you need to be more centred. In this first practice, you will gently find the breath in the body. There is nothing to figure out, there are no problems to solve, and there is nothing special you need to do. Constantly return to your direct experience of the body breathing. You are training the mind to be with one experience without distraction.

DAY 2

Every Breath Counts

- When you first start practicing, you may find the mind wandering quite a bit. Concentration practice helps you train the mind to focus by giving it something to do. Like mindfulness, this takes time. When the mind wanders, you bring it back. Over time, the mind will learn to focus and let go of distracting thoughts on its own.

DAY 3

Points of Contact

- The body is always in contact with something, whether it is a chair, the ground, your bed, or the air around you. This offers a powerful way to tune in to your present-time experience. You can be mindful of these points of contact anytime—in meditation or throughout your daily life. The sensations are generally easy to feel, making this an ideal practice for beginners to mindfulness.



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DAY 4

Scanning the Body

- Body scans are a foundational mindfulness practice used in many traditions. By scanning the body, we get to know the feelings we experience more clearly. The mind also learns to rest in the present-time experience and focus on what is in front of us.

DAY 5

Body Awareness

- The body scan you practiced in session 4 is a useful preparation for this exercise. Instead of moving through the body, this is more of an open awareness that lays the foundation for feeling the emotions in the body and responding with compassion. As with the body scan (or any of these practices), you can return to this anytime.

DAY 6

Calming the Body

- When the mind grows agitated, the body often follows suit. Luckily, the relationship between mind and body is a two-way street. As you calm the body, the mind will likewise relax. It is a powerful way to encourage the body to relax, and anyone can do it.

DAY 7

The Power of the Mind

- The mind is a powerful tool. In mindfulness practice, you learn to train and work with this tool in an intentional, focused way. This practice lets you play with the power of your mind, showing you how to gently coax it in different ways. You'll also witness the mind's auditory and visual thinking patterns.



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DAY 8

Mindful Listening

- In mindfulness practice, the focus is often on the feelings in the body and the thoughts in the mind. However, tuning in to your other senses can facilitate a strong feeling of presence and awareness. Sounds come and go throughout your day and offer a consistent focal point for your mindful attention—no matter where you live or what you do for a living, it's nearly impossible to remove all sound. During meditation, investigate the experience of hearing. You can also bring this practice into your life, pausing to listen closely to the sounds around you at any point during your day.

DAY 9

Where is my Mind?

- Simply by bringing awareness to the mind, you naturally detach from its thoughts and meanderings. When you observe your own thoughts, you naturally create a separation from them, because you see that they often arise on their own. This practice offers yet another way to understand the thinking mind. You will use a simple noting exercise to look at where the mind is as thoughts arise. Rather than focusing on the content of the thoughts themselves, you will tune in to their general context.

DAY 10

Dealing with Negativity

- No matter how much you try to think positive thoughts and be optimistic about the future, unpleasant thoughts will still arise. You cannot avoid them, and there is no use in pretending they are not present. Your mindfulness practice can help you approach these thoughts with curiosity. As you build an understanding of your unpleasant thinking patterns, they will no longer hook you in so strongly. You can learn to allow them to be present without letting them consume you. This exercise is a practice in letting thoughts go so that you are better able to do it when negative thoughts arise.



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