



POPPY LIFE CARE™



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What to Expect During a Mindfulness Course

Anyone can practice mindfulness, and you already have the tools within you!
This outline will help you if you're wondering what a typical person might experience during a structured mindfulness course.



Client: "Joe"

"Joe's" Top 3 Concerns:

Emotional reactivity around family business
Eating habits / general health
Calmer nervous system, less "fight or flight"

Easily Accessible Practice Moments:

Walking his dog
Breakfast, eating alone
Waking up in the morning and before bed

Our Instructor's Mindfulness Plan*:

Metta Meditation

Time: 10 minutes in the morning
Concerns addressed: emotional reactivity, calm nervous system, general health
Research: Reduces negative thoughts, increases compassion, decreases anxiety and is shown to have some physical benefits like reducing physical pain.

Mindful Eating

Time: 10 minutes during breakfast, when eating alone
Concerns addressed: relationship to food, general health
Research: Creates an overall healthier relationship to food and self awareness.

Mindful Walking

Time: while walking the dog
Concerns addressed: all
Research: Mindful walking is shown to decrease both physical and mental/emotional markers of stress and anxiety markers while increasing physical and mental health.

Pranayama, Breathwork

Time: 10 minutes before bed
Concerns addressed: calm nervous system
Research: Breathwork is shown to have a direct effect on the nervous system, specifically the vagus nerve, which is highly responsive in "fight or flight" mechanisms.

*Example only. Represents how our instructor might create a plan to address a client's concerns.

The information presented is offered for educational and informational purposes only, and should not be construed as personal medical advice. Please consult with your family's personal physician/caregiver regarding your own medical care.