

PLAN OUT A PRACTICE ROUTINE

Example practice routines:

“John”

“I listen to a 5- or 10-minute audio-guided mindfulness exercise about 6 days a week. I practice before breakfast in the morning. I sit in a chair. Practicing at the same time every day helps me remember to practice. I go to PracticeMBRP.com on my smartphone and play the recordings from there. I make mindfulness practice a part of my life because it helps me be more aware of what is going on and helps me stay on track with my recovery.”

“Emily”

“I listen to a 10 or 15-minute audio-guided mindfulness exercise about 5 days a week. I practice at night after I shower and put on my pajamas. I sit in my bed and use pillows to support my back. I play the recordings from a MP3 player I borrowed from my therapist. I also use headphones to block out other noise. When I stick to a regular practice routine, I feel more grounded and I am better able to deal with stress that comes up in my life.”

How to listen to audio-guided mindfulness exercises:

1. Go to **PracticeMBRP.com** and listen to audio-guided mindfulness exercises.
2. Ask your clinician for help finding a device to play audio-guided mindfulness exercises, such as a MP3 Player or CD player.
3. Download the FREE smartphone app called “Mindfulness Coach.”

MAKE A PLAN

My practice routine includes listening to a mindfulness exercise about _____ days per week.



We recommend listening to a mindfulness exercise on a daily or semi-daily basis (4 to 6 days per week). Regular practice will keep your “mindfulness muscle” strong over time.

The time of day I usually will practice is _____

Here are some example times of day to practice that work for other people:

- (1) In the morning (before breakfast, after showering, when getting ready)
- (2) At night (after putting on pajamas, during nighttime unwind routine)
- (3) Midday (during lunch break)

I will access the audio-guided exercises by _____

Your options include:

- (1) Going to PracticeMBRP.com on a smartphone, tablet, or computer
- (2) Have your clinician help you find a device like a MP3 Player or CD player
- (3) Download the free mindfulness app called “Mindfulness Coach”

I will practice in the following location _____

Here are some potential options: (1) Bedroom, (2) On the bus (with headphones), (3) Car (while parked), (4) Office, (5) Outside

I will practice in the following position/posture _____

We recommend sitting upright, rather than slouching. For the options below, use pillows as needed to support your back.

- (1) Sit in a chair with feet on floor
- (2) Sit on couch in a cross-legged position or with feet on floor
- (3) Sit on a bed in a cross-legged position
- (4) Sit cross-legged on the floor (maybe with back against wall)

Lying down is an option too. However, it can be easier to get sleepy in this position. If you get too sleepy lying down, then try sitting upright in one of the positions listed above.

HOW CAN I PRACTICE MINDFULNESS ON-THE-GO IN MY DAILY LIFE?

#1 Mindful Moments



At random times during your day, PAUSE and...

- Take a few mindful breaths to slow down
- Take 1 minute to mindfully check-in with yourself (How am feeling right now?)

#2 Mindful Coping



When challenging situations come up, such as arguments, difficult emotions, craving to use...

- Use mindfulness to cope
- Use the SOBER Space

#3 Mindful Activities



When you are engaging in daily activities, such as eating, chores, showering, brushing teeth, walking...

- Bring a curious attention to the present moment
- Connect with your 5 senses (sight, sound, touch, smell, taste)

