

## Getting Started with the Mindfulness Education Program

Thank you for joining the Mindfulness Education Program!

The Program's education and evaluation components are introduced and explained in this orientation video: <https://vimeo.com/725301749> You may re-watch the recording at any time. Further information is provided below.

### 1. Baseline Survey

Following your registration, you received a link to the baseline survey and will likely have provided us with some basic demographic information and information about your current mindfulness habits already. This baseline information is important to our program evaluation and must be completed before starting the mindfulness practices introduced below. If you received a reminder to fill out the survey and have not done so already, please complete the pre-program survey before the first session on July 11th. Your information will remain anonymous and confidential.

### 2. Download the App and log in

We are evaluating the effectiveness of using a mobile application-based meditation training program. The application we selected for this purpose is called *Healthy Minds Program*, and we will be using it for the next eight weeks.

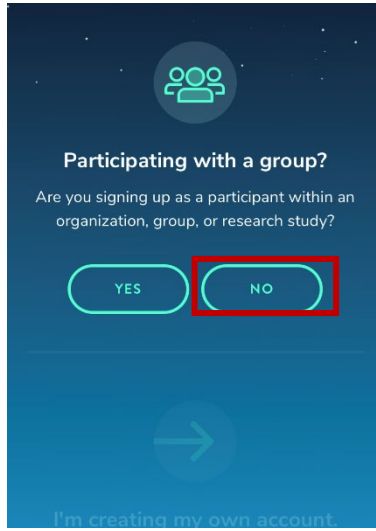
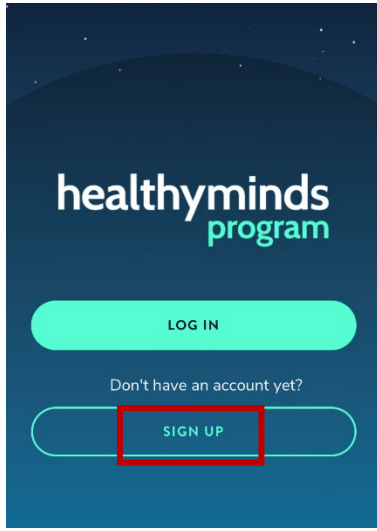
You will create an account and will log in each time you use the app for meditation practices. The NCSC team will not receive your app's data for the study and, instead, will ask you in a regular survey about your app usage.

Please do the following:

- a. Download the "**Healthy Minds Program**" app on your Apple or Android mobile device. You can search for it, or use the following links:

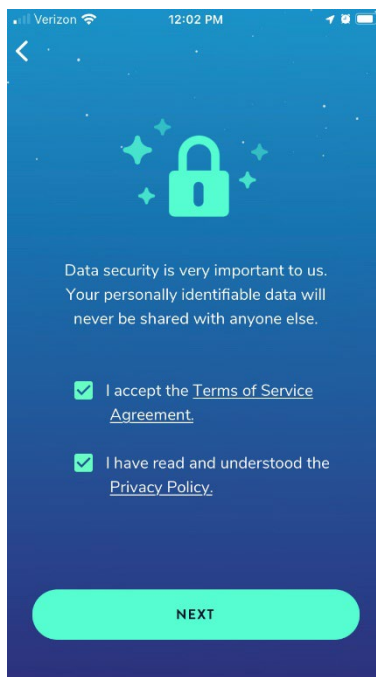
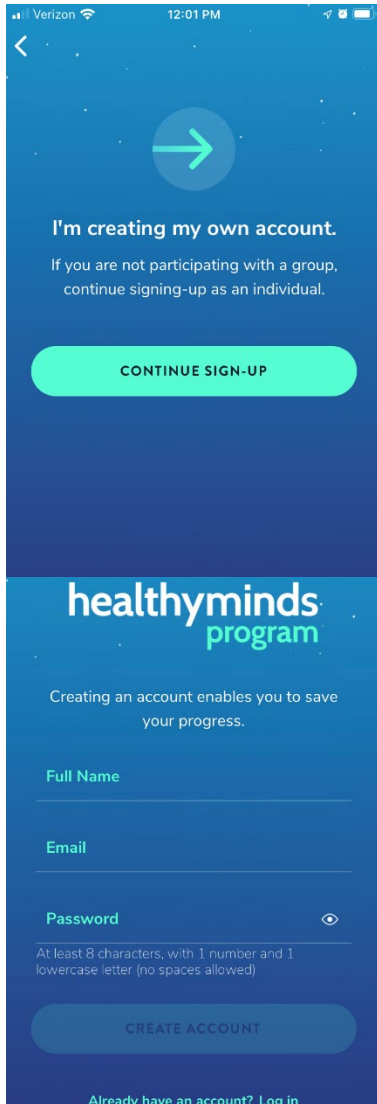
- [Apple App Store](#)
- [Google Play Store](#)

Please note: If the app is already installed on your device, you will not need to re-install it. If you have any questions let us know ([mhamilton@ncsc.org](mailto:mhamilton@ncsc.org)).



- b. Choose **SIGN UP** on the first screen of the app [Not “LOG IN”]
- c. Choose **NO** on the second screen.

Note that while you are indeed participating in a group research study, your account’s data will not be collected by the app as part of the program. Therefore, you will create a regular, individual account.



- d. **CONTINUE SIGN-UP** on the next screen, confirming that you are not participating with a group (for purposes of this app). Then, accept the Terms of Service and the Privacy Policy.

- e. Enter your name and email address and create a password. Tap the **CREATE ACCOUNT** button.

You will be able to reset your password anytime via the email address you entered. Should you experience technical difficulties with the app or encounter bugs, please refer to this [troubleshooting site](#) for known issues or reach out to NCSC.

### 3. Complete the daily *Healthy Minds* lessons and practices

The *Healthy Minds* app includes two types of audio sessions: “learn” and “practice” sessions. Beginning on July 11<sup>th</sup>, please complete at least one “learn” and one “practice” session each day, for a period of eight weeks. To help you build a daily practice, we recommend taking at least 15 minutes each day to complete the sessions and have provided a **suggested curriculum** (see attached), but you are not required to follow the curriculum or “catch up” if you miss or skip a practice or a lesson. Practicing daily is more important than following a particular curriculum. You are welcome to complete more than one lesson or practice session a day and to explore and use the “Meditations” section of the app at any time. Ahead of the first webinar session on July 11<sup>th</sup>, it might be helpful to explore the app and familiarize yourself with its design, complete the app’s introductory “Healthy Minds Self-Assessment” and listen to the introductory, 3-minute “Welcome to the Healthy Minds Program” lesson. The webinar will then offer an opportunity to clarify any questions you might have.

### 4. Complete the weekly surveys

Each Friday, you will receive a brief, 5-minute survey asking for more information about your meditation practice during the previous week. Please remember to complete these surveys as early as possible, as they are an important part of the program evaluation, and you will want to reflect on your most recent week of mindfulness practices. Since your first week starts on a Monday, the first survey will cover the first 5 days of your program participation. Subsequent surveys will cover the Saturday to Friday period of each week. The survey links will be sent to your email address and will also provide a way to voice questions.

You will receive automatic, unique links to the weekly survey, sent directly from our survey software to the email address you provided to us. If you do not see the survey email on July 15<sup>th</sup>, please let us know. Additionally, please check your spam folder and add [NCSCMindfulness@qualtrics-research.com](mailto:NCSCMindfulness@qualtrics-research.com) to your accepted senders.

### 5. Attend the weekly online practice and discussion group via webinar

Deborah Dungan, a certified mindfulness meditation teacher, will facilitate a 30-minute online mindfulness group, each Monday at 4 PM EST, beginning on July 11, 2022. Each session will begin with a brief “settling-in” exercise, followed by a 10-minute guided meditation. There will also be time for questions and discussion. You may submit anonymous questions in advance of these sessions via your Friday survey.

The sessions will be held via Zoom for eight weeks and you should have received the link to access the sessions directly from Zoom. The link will be the same each week, but you will receive reminder emails from Zoom as well. While we hope you will be able to attend these

meetings live, they will be recorded, so if you need to miss one, you can access it later. The recordings can be accessed here: <https://vimeo.com/showcase/9644785>.

### 6. Complete two follow-up surveys at the end of the program

At the conclusion of the program, on Sunday, September 4<sup>th</sup>, we will send you a link to a closing survey, and another follow-up one will be sent four weeks later, on October 2<sup>nd</sup>. Both surveys will take approximately 30 minutes to complete. As these are critical to our evaluation, we request that you complete these as soon as you receive the links.

### 7. Keep on practicing mindfulness!

We hope you enjoy participating in the mindfulness education program and that you benefit from practicing mindfulness daily. You are encouraged to continue using the app to take advantage of all the resources provided there or to find your own mindfulness resources. Our recommendations for practices on the app following the 8-week mark follow:

- a) Continue with the *Connection* series.
- b) If you finish the *Connection* series, try the *Insight* series or *Purpose* series.
- c) Try some of the freestanding meditations. Our recommendations include:
  - *Unguided Practice (5-30 min)*
  - *Envisioning Actions (4 min)*
  - *Sending Breath to Your Body (5 min)*
  - *Calm in the Midst of Chaos (10 min)*
  - *Lean on Your Values (10 min)*
  - *A True Break (11 min)*
  - *Checking in With Yourself (5 min)*
  - *Reconnect to the World (11 min)*

**Thank you for participating in this program.**