

Suggested Curriculum Using the *Healthy Minds* App

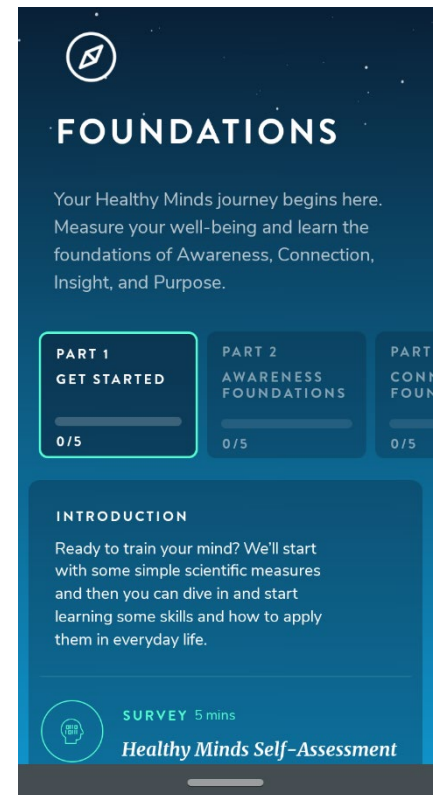
Foundations Series:

Week 1: July 11 – 17, 2022

- Day 1, Monday: Healthy Minds Self-Assessment (5 minutes)
Welcome to the Healthy Minds Program (3 min)
Practice: *Intro to Sitting Meditation* (8 min)
- Day 2, Tuesday: *Train the Mind, Rewire the Brain* (6 min)
Intro to Active Meditation (7 min)
- Day 3, Wednesday: *Practice: The Skill of Mindfulness* (5-30 min)
- Day 4, Thursday: *The Pull of Distraction* (6 min)
Practice: The Skill of Attention (5-30 min)
- Day 5, Friday: *The Art of Doing Less* (6 min)
Practice: The Skill of Self-Awareness (5-30 min)
- Day 6, Saturday: *Practice: Appreciation* (5-30 min)
- Day 7, Sunday: *Feeling Connected* (6 min)
Practice: Kindness (5-30 min)

Week 2: July 18 – 24, 2022

- Day 8, Monday: *Widening the Circle* (7 min)
Practice: *Compassion* (5-30 min)
- Day 9, Tuesday: *Practice: Exploring the Self* (5-30 min)
- Day 10, Wednesday: *The Unexamined Life* (4 min)
Practice: Exploring Change (5-30 min)
- Day 11, Thursday: *Looks Can Deceive* (7 min)
Practice: Exploring Conditions (5-30 min)
- Day 12, Friday: *Practice: This One Moment* (5-30 min)
- Day 13, Saturday: *A Life Worth Living* (5 min)
Practice: Core Values (5-30 min)
- Day 14, Sunday: *Be the Change* (6 min)
Practice: Living Your Values (5-30 min)



Awareness Series:

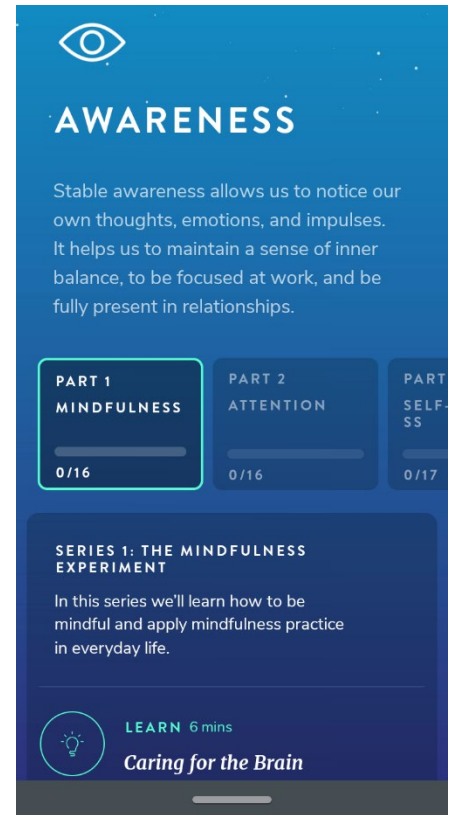
(Note that this series is divided into multiple sub-series.)

Week 3: July 25 – 31, 2022

- Day 15, Monday: *Caring for the Brain* (6 min)
Practice: Counting the Breath (5-30 min)
- Day 16, Tuesday: *Dropping Anchor* (7 min)
Practice: Open Awareness (5-30 min)
- Day 17, Wednesday: *Healthy Habits: Inspiration* (6 min)
Practice: Mindfulness of Sound (5-30 min)
- Day 18, Thursday: *Practice: Relaxing with the Breath (5-30 min)*
- Day 19, Friday: *Healthy Habits: Setting Intentions* (4 min)
Practice: A Tour of the Senses (5-30 min)
- Day 20, Saturday: *Healthy Habits: Taking Action* (5 min)
Practice: Mindful Seeing (5-30 min)
- Day 21, Sunday: *Practice: Feeling the Breath (5-30 min)*

Week 4: August 1 – 7, 2022

- Day 22, Monday: *Healthy Habits: Repetition and Experience* (4 min)
Practice: Mindfulness of Sensations (5-30 min)
- Day 23, Tuesday: *Looking Within* (5 min)
Practice: Mindful Breathing (5-30 min)
- Day 24, Wednesday: *Practice: A Tour of the Senses (5-30 min)*
- Day 25, Thursday: *Training Attention* (4 min)
Practice: Mindfulness of Sound (5-30 min)
- Day 26, Friday: *Directing Attention* (4 min)
Practice: Counting the Breath (5-30 min)
- Day 27, Saturday: *Focus* (5 min)
Practice: Mindful Seeing (5-30 min)
- Day 28, Sunday: *Monitoring the Mind* (8 min)
Practice: Feeling the Breath (5-30 min)



Week 5: August 8 – 14, 2022

- Day 29, Monday: *Transforming Distraction* (5 min)
Practice: Mindfulness of Sensations (5-30 min)
- Day 30, Tuesday: *Practice: Open Awareness* (5-30 min)
- Day 31, Wednesday: *From Doing to Being* (6 min)
Practice: Relaxing with the Breath (5-30 min)
- Day 32, Thursday: *Relaxing the Mind* (7 min)
Practice: Open Awareness (5-30 min)
- Day 33, Friday: *Practice: Stepping Out of the River* (5-30 min)
- Day 34, Saturday: *Strengthening Self-Awareness* (5 min)
Practice: Mindfulness of Emotions (5-30 min)
- Day 35, Sunday: *The Self-Awareness Toolkit* (5 min)
Practice: Thoughts, Emotions, and the Breath (5-30 min)

Week 6: August 15 – 21, 2022

- Day 36, Monday: **Practice: Weather Check (5-30 min)**
- Day 37, Tuesday: *Self-Regulation* (5 min)
Practice: Stepping Out of the River (5-30 min)
- Day 38, Wednesday: *The Wandering Mind* (6 min)
Practice: Mindfulness of Emotions (5-30 min)
- Day 39, Thursday: *The Third Option* (5 min)
A practice of your choosing (5-30 min)
- Day 40, Friday: *Dealing with Stress* (5 min)
Practice: Thoughts, Emotions, and the Breath (5-30 min)
- Day 41, Saturday: *Exploring Emotion* (6 min)
Practice: Weather Check (5-30 min)
- Day 42, Sunday: *Inner Balance* (5 min)
Practice: Stepping Out of the River (5-30 min)

Connection Series:

Week 7: August 22 – 28, 2022

Day 43, Monday: **Practice: Self-Worth (5-30 minutes)**

Day 44, Tuesday: *Noticing the Positive* (5 minutes)
Practice: Seeing the Good in Ourselves (5-30 minutes)

Day 45, Wednesday: *Negativity Bias* (5 minutes)
Practice: Feeling Appreciation (5-30 minutes)

Day 46, Thursday: *Practice: Valuing Friends and Loved Ones* (5-30 minutes)

Day 47, Friday: *What's Right?* (5 minutes)
Practice: Appreciating Friends and Loved Ones (5-30 minutes)

Day 48, Saturday: *Our Common Humanity* (5 minutes)
Practice: Gratitude (5-30 minutes)

Day 49, Sunday: *Practice: Valuing Strangers* (5-30 minutes)

Week 8: August 29 – September 4, 2022

Day 50, Monday: *New Directions* (6 minutes)
Practice: Appreciating Those We Don't Know (5-30 minutes)

Day 51, Tuesday: *A Mirror to the World* (3 minutes)
Practice: Appreciation for Those We Find Challenging (5-30 minutes)

Day 52, Wednesday: *Practice: Be Kind to Yourself* (5-30 minutes)

Day 53, Thursday: *Kindness is Essential* (6 minutes)
Practice: Feeling Kindness (5-30 minutes)

Day 54, Friday: *Innate Basic Goodness* (6 minutes)
Practice: Sending Kindness (5-30 minutes)

Day 55, Saturday: *Practice: Seeing Kindness in Others* (5-30 minutes)

Day 56, Sunday: *Friends Everywhere* (5 minutes)
Practice: Receiving Kindness (5-30 minutes)

