

The “MORE than MINDFULNESS” Program has modules that will help students:

- Understand what stress is and how it affects them
- Learn methods to help them be less stressed
- Know their values
- Be intentional
- Be grateful
- Become more mindful and use various strategies that help them best
- Learn to pause, so they can respond and not react
- Become better listeners and communicators
- Become more empathic and compassionate to themselves and towards others and learn forgiveness.
- Learn to Focus so they can get in touch with their own implicit wisdom and therefore find their own way forward
- Become more aware of how they walk in the world – what they do, think, feel, believe and the sense they make of all that.

This will enable them to:

- Soothe themselves in times of trouble.
- Show themselves self-compassion and others empathy and compassion too

- Listen and communicate more effectively.
- Open their vision to 'the more', which includes the good things even when things are tough
- Use the mindfulness and focusing methods that help them the best
- Gain insight and decide to whether and how to change in some way.
- Connect better with others to get a sense of belonging and be more able to build strong quality relationships.

The list below summarises the worksheets included in the MtM program.

There is a FREE summary of the worksheets and what they are about at www.morethanmindfulness.com.au

The MtM worksheets

- What is stress to you?
- How do you relax now?
- Your brain and what it does under stress
- Loving kindness meditation
- CAN Do Practice
- Values
- Intentions
- Gratefulness

- Affirmations
- Listening exercise
- 'When, I feel, because'

Mindfulness

- 10 quick mindfulness exercises
- Breathing
- Body scan
- Breathing for relaxation
- Loving kindness
- Smile down meditation
- Concentrative meditation
- Guided visualisation
- Combined mindfulness script

Focusing

- Clearing a space
- Getting bigger than what is bothering you
- Notes on how to be a Focusing listener
- The steps of focusing – Summary
- Questions you can ask
- Guiding notes for Focusing
- Guiding notes for Focusing for the listener
- Guiding suggestions for the Focuser
- Friedman's focusing steps

- Campbell and McMahon
- Rappaport – clearing a space
- The grounding exercise – McEvenue
- Allowing a ‘felt sense’ to emerge
- Words that may help when you are with someone helping them focus
- Skills Practice – Listener – your role
- Skills Practice – Focuser – guiding notes
- Clearing a space – short form – Gendlin amended by Marder
- Clearing a space with art – Rappaport
- Getting a ‘felt sense’ of something we like and dislike
- Picture and object work and Art
- Art and Feeling
- What are some of the ways in which you control or deny feelings?
- Things to do when you find it hard to be friendly
- Morning check in
- Mini Focusing Moments
- Benefits of the Focusing steps – Rappaport
- Rappaport Spiritual exercise
- Definitions of Focusing from writers and teachers of focusing and definitions of a ‘felt sense’