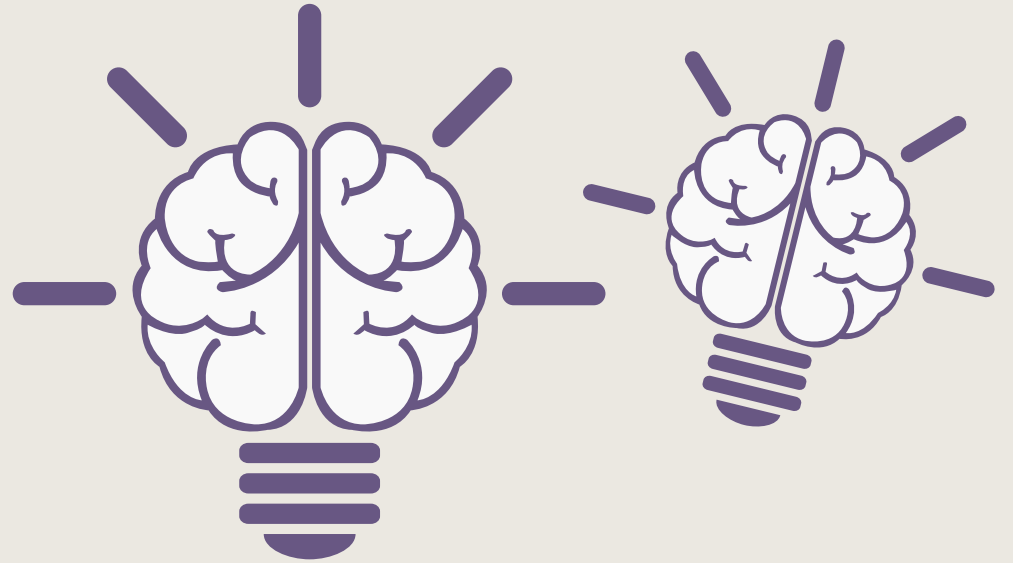


# PLAN B



**4 WEEKS OF MINDFULNESS:**  
Stress reduction workbook.

# INTRODUCTION

**This work book gives you the basic skills of adopting a mindful mentality. Mindfulness helps us become aware of our emotions and helps us manage them in a healthy way.**

It may well be that your reason for being in prison is because you have reacted to **anger, frustration, or stress** in a negative unhealthy way and that the consequence has resulted in an unpleasant experience for you. It may also be that this cycle of behaviour (working off your stress and anger emotions) continues to get you into difficult situations in prison. The aim of this workbook is to **give you awareness of these emotions** so you can put in to place simple practices to help balance yourself and importantly help you to look after your mental health. This can prevent further punishment and loss of privileges. When you learn to work off your **'relaxation'** response rather than the **'stress'** response you will dramatically improve the quality of your everyday life.

This work book sets you tasks over a 4 week period, in the form of **meditation, breathing exercises, and cognitive behavioural tasks**. Each week you will be asked to practice the various tools you have been taught and put them into practice. To help you get the most from this workbook it is essential that you commit to practicing and be open and honest about your thoughts and feelings. This workbook is for you, no one else needs to read it or mark it. So there are no right or wrong answers. It's how you experience things and how you feel about them.

## About Us:

Plan B is a provider of mindfulness training and wellbeing activities. We teach a wide audience from children to senior citizens. We run courses in schools, colleges, corporations and institutions. We also specialise in using mindfulness to help with mental health conditions and those recovering from addiction. In time we hope to have trained all the staff at Wandsworth as well as giving all inmates access to mindfulness training with the hope of creating a mindful, respectful and productive environment.

# BENEFITS OF BEING MINDFUL



- ✓ A reduction in **levels of stress, depression, anxiety and anger**
- ✓ Increased **productivity and creativity**
- ✓ Control over your thoughts and reactions
- ✓ Adopting a positive mindset
- ✓ **Better physical health**
- ✓ Enhanced **communication and relationships**
- ✓ Increased **concentration and attention span**
- ✓ A **greater capacity** to hold and work with information
- ✓ Improved **sleeping patterns**

# WHY MINDFULNESS AT WANDSWORTH?

**Stress** can make us 'act out' and this can cause us to lose privileges – using this age old technique will help you take control.



1 in 4 UK adults will experience issues with their **mental health**. Mindfulness is great for managing and preventing mental health issues



Prison life can be frustrating boring and mundane. You will find how to adopt a **positive mindset** and stay in the moment, worrying less about the past and future.



The benefits of mindfulness not only improve your prison life but also helps you **manage stress** in your personal life and **improve relationships** on the outside.

# WHAT IS MINDFULNESS?

## Best definition



"paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment"

**Jon Kabat-Zinn**

*Founder of Mindfulness-Based Stress Reduction.*

- ✔ Mindfulness is a mix of - **Meditation and Cognitive Therapy**, and is based on a **25,000 year old** Buddhist practice, but given a modern, secular twist. It is not a religion, it is a series of tools and techniques to help better yourself.
- ✔ Mindfulness teaches you to be in the moment – not look into the future or dwell on the past. You learn to control your thoughts, sit easily with negative feelings and become aware of your thoughts, feelings and physical sensations.
- ✔ **Anyone** can practice mindfulness in everyday life no matter what age or ability.



# WEEK 1

Fill in your thoughts below...

What was it that brought you to HMP Wandsworth?

What was the emotion that brought you here? (Anger, Fear, Frustration etc.)

What do you think Jon Kabat- Zinn means by 'Letting it be'?

It's not a matter of letting go - you would if you could. Instead of 'Let it go' we should probably say "Let it be."

Jon Kabat - Zinn

# BREATHE

In mindfulness practice we always start by focusing on the breath. Why? The breath is always with us; we all know how to breathe. So we can use this simple tool any time any place anywhere.



- ✓ Sit in an upright position, feet on the floor, hands on your lap (or cross-legged on the floor if you can). Be aware of your posture, sit in a dignified manner.
- ✓ Close your eyes.
- ✓ Breathe into your abdomen (place a hand on your belly button) and notice the rise and fall of your stomach as you breathe in and out.
- ✓ Notice as you breathe in (inhale) how it feels tight and tense in your stomach, and how this softens and relaxes when you breathe out.
- ✓ Repeat this as many times as you want.

# NOTICE

Fill in your thoughts below:

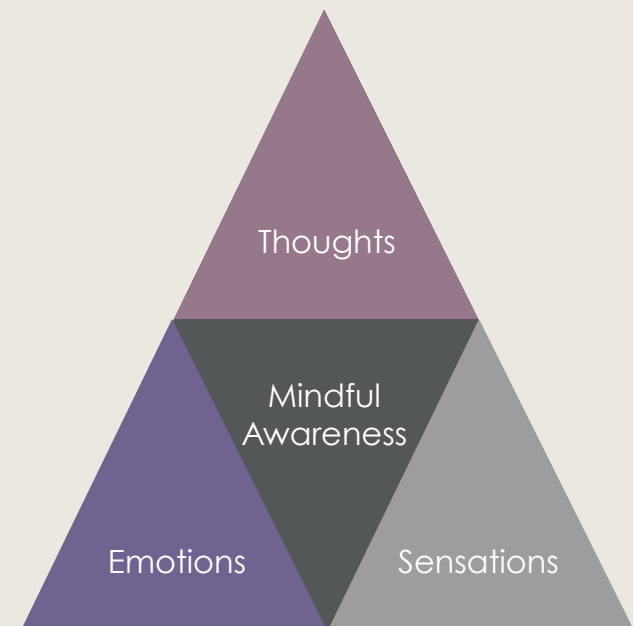
**In this very moment, how do you feel right now?**

(i.e. Angry, Bored, Stressed, Sad, Calm?)

**Bring your attention to your body – where can you feel this emotion?**

(i.e. racing heart, tension in hands, churning stomach, heaviness?)

**Our thoughts, feelings and physical sensations all work together, being aware of them is the first step to taking control of them. Have you noticed the physical sensation to your emotions before?**





# SOBER BREATHING SPACE

**When was the last time you reacted in a bad way to a stressful situation?**

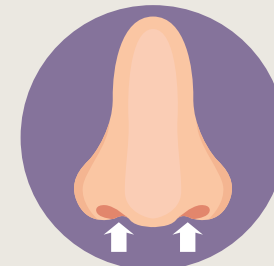
Play this event over in your mind. Notice how you feel just thinking about it. Now using the steps of the SOBER breathing space, replay the event in your mind. Respond to the situation more mindfully. You can use these steps the next time you are in a stressful situation.

- ✓ **STOP** - When you find yourself in a stressful or risky situation, stop, slow down and check in with what's happening.
- ✓ **OBSERVE** - Observe the sensations that are happening in your body. Observe your emotions, moods and thoughts. Observe the other people involved in the event.
- ✓ **BREATHE** - Clear your mind of the event and do nothing but focus on your breathing.
- ✓ **EVALUATE** - Return to the scene, ask yourself what is actually happening and expand your awareness to how your body feels. Keep gently aware of this.
- ✓ **RESPOND** - (rather than react) mindfully, with awareness of what is truly needed in the situation and how you can best take care of yourself. Whatever is happening in your mind and body, you still have a choice to respond. What can you do now to diffuse this and not land yourself in trouble?

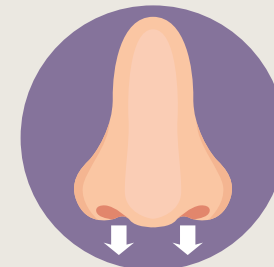
# BREATH MEDITATION

Lets deepen our meditation practice. At the beginning we learned how to breathe to bring ourselves into the present moment. Now we notice our wandering mind and give it a job. Every time you lose focus on this meditation, simply return your focus to the breath and where you feel it the most- be curious. Don't beat yourself up about losing your focus – be pleased that you are aware, and kindly refocus your attention

- ✓ Sit upright.
- ✓ Feet on the floor, hands on your lap. Close your eyes and focus on your breathing.
- ✓ Be curious about the journey of the breath and discover where you feel the breath the most.
- ✓ Some people notice the rise and fall of their stomachs or the air around their nostrils.
- ✓ Focus on the breath continuously.
- ✓ When you notice your mind has wandered off, bring your attention back to the breath.



**Breathe in**



**Breathe out**

# REFLECTION

## WILD GEESE

You do not have to be good.

You do not have to walk on your knees.

For a hundred miles through the desert, repenting.

You only have to let the soft animal of your body  
love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes, over the prairies and  
the deep trees, the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,  
are heading home again.

Whoever you are, no matter how lonely, the world offers  
itself to your imagination, calls to you like the wild geese,  
harsh and exciting — over and over announcing your  
place in the family of things.



What do you think this poem is trying to teach us?:

# PRACTICE

To make mindfulness a part of everyday life, we need to practice. If you want to build muscles you go to the gym daily. If you want a strong mind you need to meditate daily. You are now teaching your brain to work in a different way. At the beginning it may not be easy, but even practising 5-10 minutes a day will help.



- ✓ Practice sitting with the breath daily.
- ✓ Track your progress daily using the chart on the following page.
- ✓ Practice SOBER breathing space when you are about to be confronted with a stressful event.
- ✓ Ask yourself daily. How am I feeling right now in this very moment? What physical sensations can I feel right now in my body?
- ✓ Fill out the 'pleasant experiences' calendar to help you become aware of what the small joys are in everyday life.

# PRACTICE – BREATH MEDITATION

DAY	LENGTH	COMMENTS
<b>Example</b>	10 mins	I was feeling frustrated today and noticed I couldn't keep my focus well. I felt the frustration in my belly. I will try again later.
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# PRACTICE – PLEASANT EXPERIENCES

What was the Experience?	Where you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, thoughts an feelings accompanied this event?	What thoughts are in your mind now as you write about this event?
I had a visit from friends	Yes, I was excited before hand, I was happy before I saw him.	Jumpy, buzzing, my fingers where tingling	I felt joy, excited, fulfilled – I had lots to talk about, I missed them	It makes me smile, I still feel jittery, but also feel a bit sad now.

# WEEK 2

Fill in your thoughts below  
How do you feel right now in this very moment?

Where do you feel this sensation in your body?

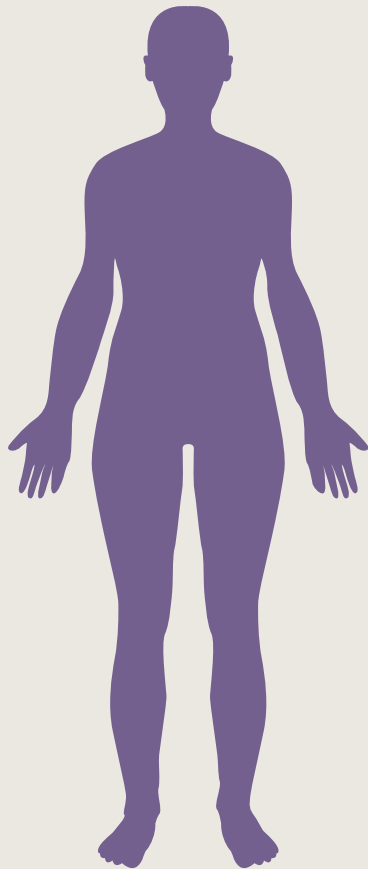
What are your goals and intentions from using this mindful workbook?

Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving.



# BODY

Just as we focused on the breath last week – this week we bring our awareness to our bodies and physical sensations. Often our body reacts to our thoughts and feelings, so if I feel angry – I am also going to feel that anger in my body, i.e. racing heart, tense muscles, heat.



- ✓ You can choose to lay down or sit.
- ✓ Bring your focus to your feet – what can you feel right now in your feet and toes?
- ✓ Squeeze your toes and feet and hold that squeeze for 5 seconds.
- ✓ Notice how your feet feel in this tense state (Painful? Hot? Tingles?)
- ✓ Next slowly release that tension and soften the toes and feet.
- ✓ Notice how they feel now in this relaxed state. (Tired? Floppy? Warm?)
- ✓ Travel up the body squeezing and releasing each part of your body section by section all the way up your body until you are squeezing and releasing your head and face last)
- ✓ Finally squeeze your whole body and hold this for 5 seconds before releasing and noticing how your whole body feels.



# NOTICE

Fill in your thoughts below:

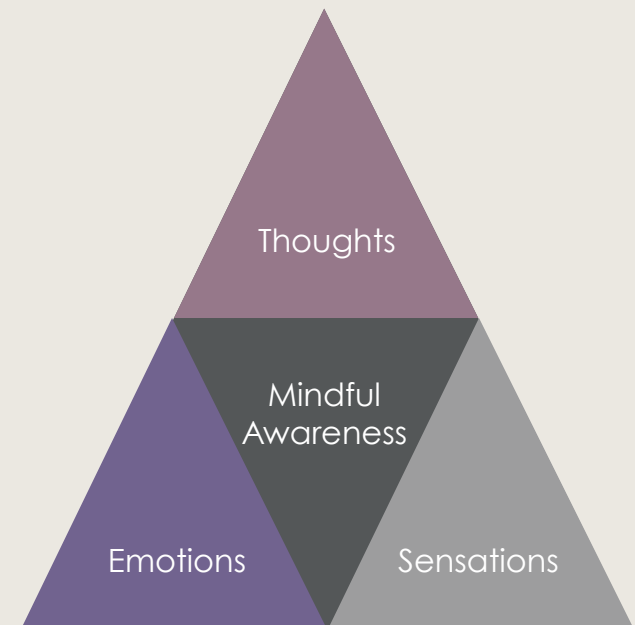
**In this very moment, how do you feel right now?**

(i.e. Angry, Bored, Stressed, Sad, Calm?)

**Bring your attention to your body – where can you feel this emotion?**

(i.e. racing heart, tension in hands, churning stomach, heaviness?)

**Our thoughts, feelings and physical sensations all work together, being aware of them is the first step to taking control of them. See your thoughts as just mental events and focus on breathing into the physical sensation instead. What do you notice now?**



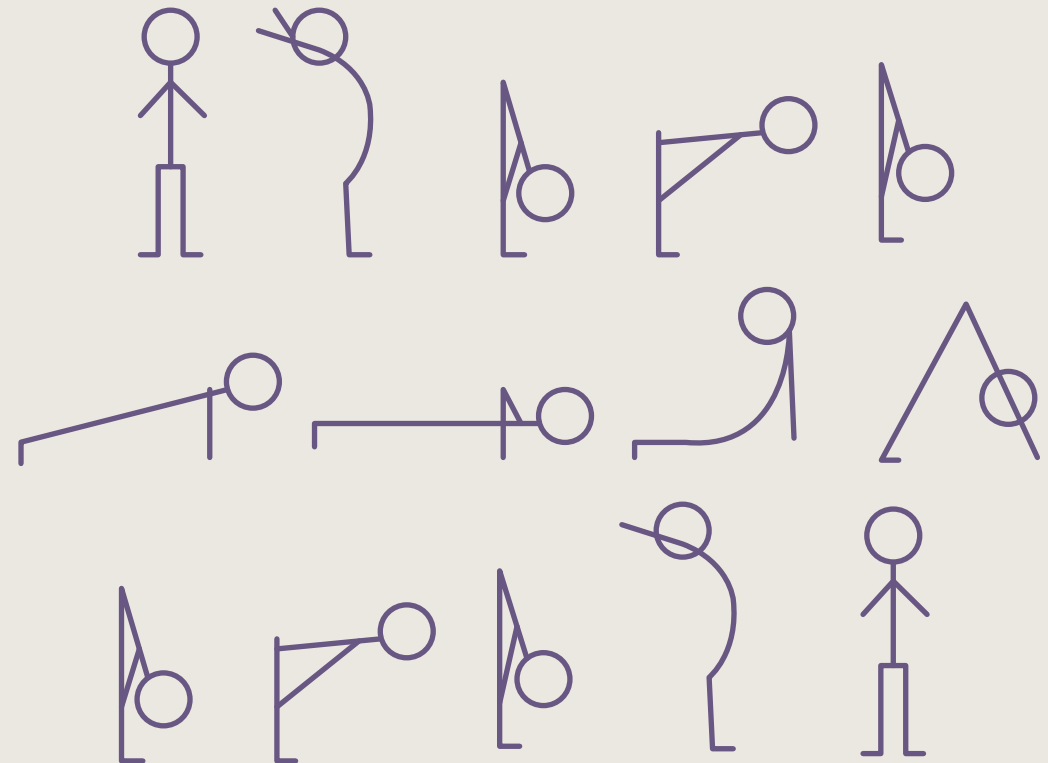
# MINDFUL MOVEMENT

Try these simple yoga poses and stretches daily. When moving mindfully we move very slowly and focus all our attention on the breath and body. Notice how your body feels moment to moment and remember to breathe into each movement.

By being focused, slow and controlled we are tuning this activity into a meditation. If your mind wanders off and you lose focus, just kindly return to the movement.

This is not a fitness exercise or a test of your strength. The goal is to focus your mind, listen to your body's limits and try not to push yourself too far.

**What other movements can you do mindfully?**



# REFLECTION



What do you think this poem is trying to teach us?:

## THE GUEST HOUSE

This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture, still,  
treat each guest honourably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

# PRACTICE

Over coming week use the practices to learn how to focus on the body. We use the body to help us work through stress and anger, rather than overthinking the situation in our head, instead we direct our focus to the feelings of anger in the body. This way we aren't ignoring the fact we are angry, but we are dealing with it in a healthier way.



- ✓ Practice sitting with the breath daily.
- ✓ Practice the body scan – squeeze and release technique, or see if you can take it further by paying attention to the sensations in fine detail, i.e. focusing on the big toe, each finger, the elbow, the nose
- ✓ Practice mindful movement – discover other moves and stretches you can do mindfully. It doesn't have to be the whole body, one arm will do!
- ✓ Ask yourself daily. How am I feeling right now in this very moment? What physical sensations can I feel right now in my body?
- ✓ Fill out the 'unpleasant experiences' calendar to help you become aware of what the small joys in everyday life.

# PRACTICE – BODY MEDITATIONS

DAY	LENGTH	
<b>Example</b>	20 mins	This morning I tried the yoga moves – I was pleased at how far I could push myself. I did 5 mins of the body squeeze. I like using it when I'm annoyed.
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# PRACTICE – UNPLEASANT EXPERIENCES

What was the Experience?	Were you aware of the unpleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, thoughts and feelings accompanied this event?	What thoughts are in your mind now as you write about this event?
Stuck in my cell for too long!	No – but now I think back on it, I made myself worse by pacing up and down	Nervous, tingly vibrations, restless, pacing	Anger, frustration, restlessness – I thought the guards had forgotten me.	I wound myself up, I was stressed and angry but it wasn't helpful.

# WEEK 3

Fill in your thoughts below  
In this very moment, how do you feel?

In this very moment, what sensations can you notice in your body?

Can you think of a recent example of when you reacted to anger?  
What was the result, and how did it make you feel?

One minute of  
anger weakens your  
immune system for  
4-5 hours.

One minute of laughter  
boosts your immune  
system for over  
24 hours.

# LISTEN

23

Try this listening practice – using sound as our focus, see if you can tune-in to the many sounds around you without getting lost in thought or judging the sound as good or bad... just listen!



- ✔ **Sit in your dignified position – feet on the floor or cross-legged.**  
Close your eyes
- ✔ **Start by focusing on your breath.**  
Gently turn your focus to the sounds that you can hear within your body.
- ✔ **Do not label or judge the sound as good or bad – just listen to the sounds.**  
Widen your focus to the sounds you can hear inside your room.
- ✔ **Listen to the sounds, just as they are- low/high pitch sounds, rumbles, vibrations.**  
Widen your attention to the sounds you can hear in the wing.
- ✔ **Don't tune-in or get attached to voices or conversations – just listen to the sound the voices make.**  
Widen your focus now to listening to sounds outside of the prison.
- ✔ **Try not to label the object making the sound i.e. car, plane, – this will lead you to lose your focus.**  
Just like any mediation, if your mind wanders off, acknowledge it and return to your focus point.



# NOTICE

We can get dragged down by our daily routine, especially in the prison regime. We can sometimes go from one boring depleting task to another, and leave little time to do the things we enjoy.

Use this exercise to take a look at how you are spending your days and ask whether you are making the most of them.

**Write down your daily routine (from waking up to going to sleep and everything in between) and add whether you find this 'event' nourishing or depleting (marking each activity with an N or D) nourishing means it is a task you enjoy or benefit from, depleting is a task that you dislike, or find dull.**

**I.E: Wake Up (D), Brush Teeth (N), Drink Coffee (N).**

Afterwards reflect on your answers, do you have more N's than D's?  
When do you need to include more nourishing tasks to your day?  
What D's can you change into N's by just bringing about a positive mindset.

I.E. I hate going to education, but I know its going to give me skills to better myself.

**How do you spend your day?**



# NOURISHED OR DEPLETED

MY DAY	N or D

MY DAY	N or D

# TASTE

Bring new awareness to everyday tasks by doing them mindfully – try this practice when you have your snack. Bring complete focus and attention to it.

**What did you notice?**

**What thoughts and emotions accompanied this?**

**What other everyday activities could you perform mindfully?**

## MINDFUL EATING

Take your chosen snack (fruit, biscuit etc.)

Sit in a dignified position and give all your attention to the object.

How does it feel in your hand? – rough or smooth texture

How does the object look? – explore every detail

How does the object smell? – close your eyes to increase your sense of smell

Does the object have a sound? - roll and rub the object next to your ear.

What thoughts are coming up? What emotions? Can you notice your body responding?

Take a slow bite of the object and keep it on your tongue – how does it feel?

Explore the object with your tongue – moving it against your teeth, your gums, your mouth.

Slowly and gently begin to chew.

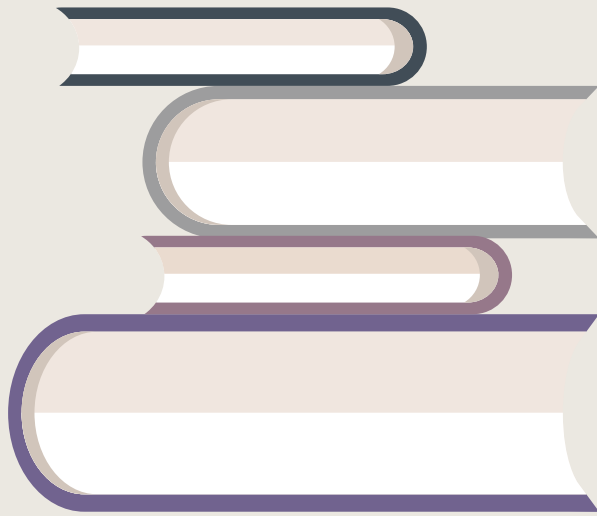
Be curious about how your body acts – and what you notice moment to moment.

Hold the food on your tongue – notice your control over your physical responses

Gently swallow the food and follow the journey of the food as it leaves your mouth.

# PRACTICE

Sometimes we make every excuse under the sun not to practice, even when we know the task is good for us. Ask yourself, why is it that you choose to not nourish your mind and better yourself? This week pay attention to sound and the art of just listening.



- ✓ Practice sitting with the breath daily.
- ✓ You can do the N/D task daily if you like, see how each day changes when you make yourself aware of adding more nourishment to your day.
- ✓ Practice the sound meditation, 5- 20 mins of just listening to the sounds around us calm our senses, why not try and re-listen to your favourite song. This time close your eyes and listen – really pay attention to the sounds.
- ✓ Try mindful eating each time you have a snack, or try out new activities that you can do mindfully (washing your face, drawing, exercising or cleaning).

# PRACTICE SOUND OR MINDFUL ACTIVITY

DAY	LENGTH	COMMENTS
<b>Example</b>	5 mins	I brushed my teeth mindfully, I noticed how the mint taste tingles my gums and how my whole body works when I brush my teeth
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# WEEK 4

Fill in your thoughts below

Our actions don't just effect us, think about the situation that brought you to Wandsworth or even the last situation that you acted out of anger – apart from yourself, who else would have been effected emotionally and physically by your actions?

Who do you miss the most, bring them to mind. What thoughts and physical feelings accompany that memory?

What are the positives of being in HMP Wandsworth?

Train your mind to  
see the good in  
every situation

# VISUALISE

Just as we focused on the breath last week – this week we bring our awareness to our bodies and physical sensations. Often our body reacts to our thoughts and feelings, so if I feel angry – I am also going to feel that anger in my body, i.e. racing heart, tense muscles, heat.



- ✓ Sit in your dignified position.
- ✓ Feet planted on the floor, hands on your lap.
- ✓ Think of a shape that could represent your emotion. (Sad – Circle, Anxious – Triangle)
- ✓ Then think of a colour for the shape that best represents your emotion. (Anger – Red, Pain – Blue)
- ✓ Now visualise this coloured shape hanging in front of you – like a pendant dangling on a piece of string.
- ✓ Close your eyes and begin to breathe/blow gently onto the shape, imagine it moving with your breath.
- ✓ Imagine as you exhale, your breath begins to slowly turn the shape white.
- ✓ Use your breath to spray paint the shape slowly back to a clean shiny white shape.
- ✓ Don't rush it.
- ✓ Once the shape is white again assess whether you are feeling better or if the shape needs a respray.

# REFLECTION

For this task you are asked to write a letter to yourself. The aim is to show yourself love and compassion. Humans are very good at giving love and kindness to others but lack the ability to honour ourselves in the same way. Write a letter to yourself in the box below, praise your good qualities, identify what is unique about yourself. Finally show compassion to yourself for mistakes you have made in the past.

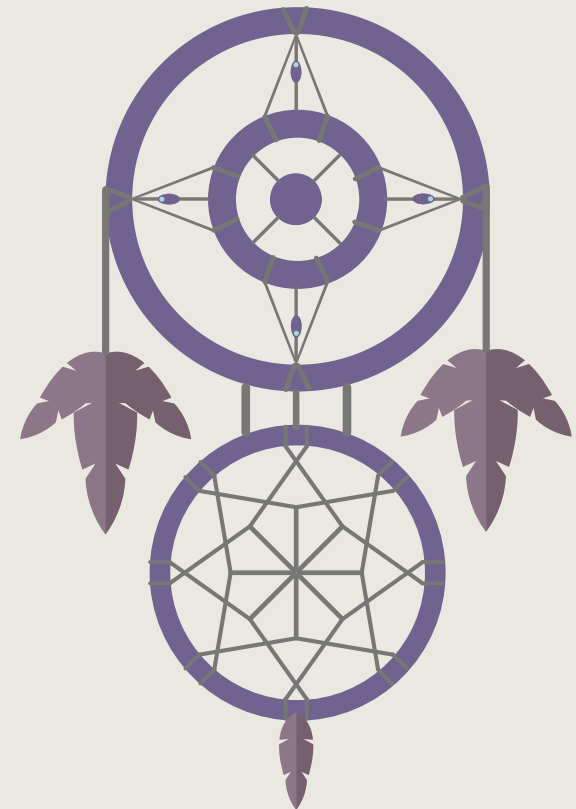
Dear.....



# VISUALISE

It can be frustrating being separated from our loved ones. Connect with your friends and family using this 'Metta' meditation

- ✓ **Close your eyes and bring to mind a close friend or relative**  
(someone you have an uncomplicated relationship with)
- ✓ How do they look? What are they wearing? Where are they?
- ✓ **Imagine yourself in the same room as that person.**  
Begin speaking to this person and sending them good thoughts and kind wishes.
- ✓ **Tell that person how much they mean to you and think about what you wish for them.**  
You might wish them health, success, happiness and joy.
- ✓ **How does that person respond to these kind words from you?**  
Now repeat this process but imagine your friend/loved one sending you back kind and loving thoughts and messages.
- ✓ **What would they say to you, what would they wish for you?**  
How do they look when they say it?
- ✓ **How does this make you feel?**  
End the practice by letting go and return to focusing on your breath to restore balance and focus.



# REFLECTION



How does this poem make you feel?

## AWAKENING NOW (DANNA FAULDS)

Why wait for your awakening?

Do you value your reasons for staying small more than the light shining through the open door?

Forgive yourself

Forgive yourself.

Now is the only time you have to be whole.

Now.

Now is the sole moment that exists to live in the light of your true nature.

Perfection is not a prerequisite for anything but pain.

Perfection is not a prerequisite for anything but pain.

Please, oh please, don't continue to believe in your stories of deficiency and failure.

This is the day of your awakening.

# PRACTICE

This week we focused on visualising positive events. This helps us to feel more positive about things and when we are uplifted and happy, we are less likely to act out in stress. See if you can deepen your mindful practice this week by focusing for longer. Try and see if you can make a meditation last at least 20 minutes.



- ✓ Practice sitting with the breath daily.
- ✓ Anytime you have a negative emotion (sadness, fear, anxiety, anger, pain) use the shape and colour exercise.
- ✓ Practice the love and kindness meditation (Metta) daily. Bring to mind different people you love. Past and Present. Can you do this by visualising you talking to your 8 yr old self?
- ✓ On the back of this page write a mindful poem about your emotions – making sure to add thoughts, emotions, and physical sensations.
- ✓ Try and visualise these objects to give you a boost.  
Mountain – Strength  
Lion – Courage  
Old Oak Tree – Wisdom  
Running Stream - Calm

# PRACTICE VISUALISATION

DAY	LENGTH	COMMENTS
<b>Example</b>	15 mins	My daughter starts school today, I spent some time visualising her getting ready and I sent her words of encouragement. I will phone her later!!
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# REVIEW

What have you learned about yourself during these 4 weeks?

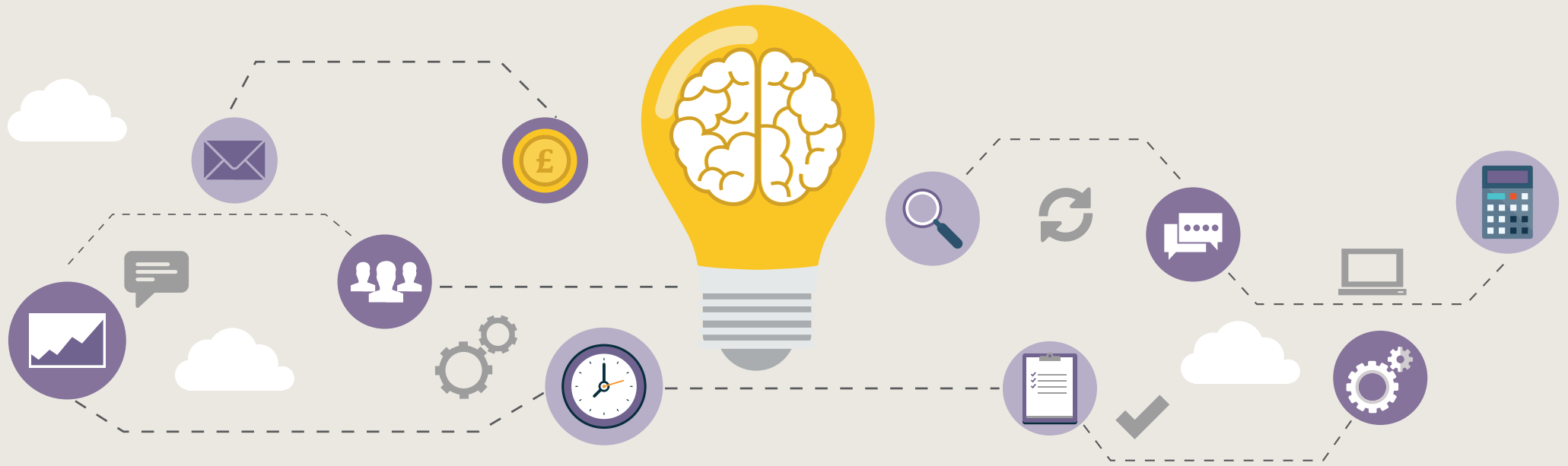
Did you find time to practice the tools daily? What barriers prevent you from practicing – how can you change this?

Which of the practices did you find helped you most?

What positive changes have you made over the last 4 weeks ?

Which practice did you struggle with? How can you make it a better experience.

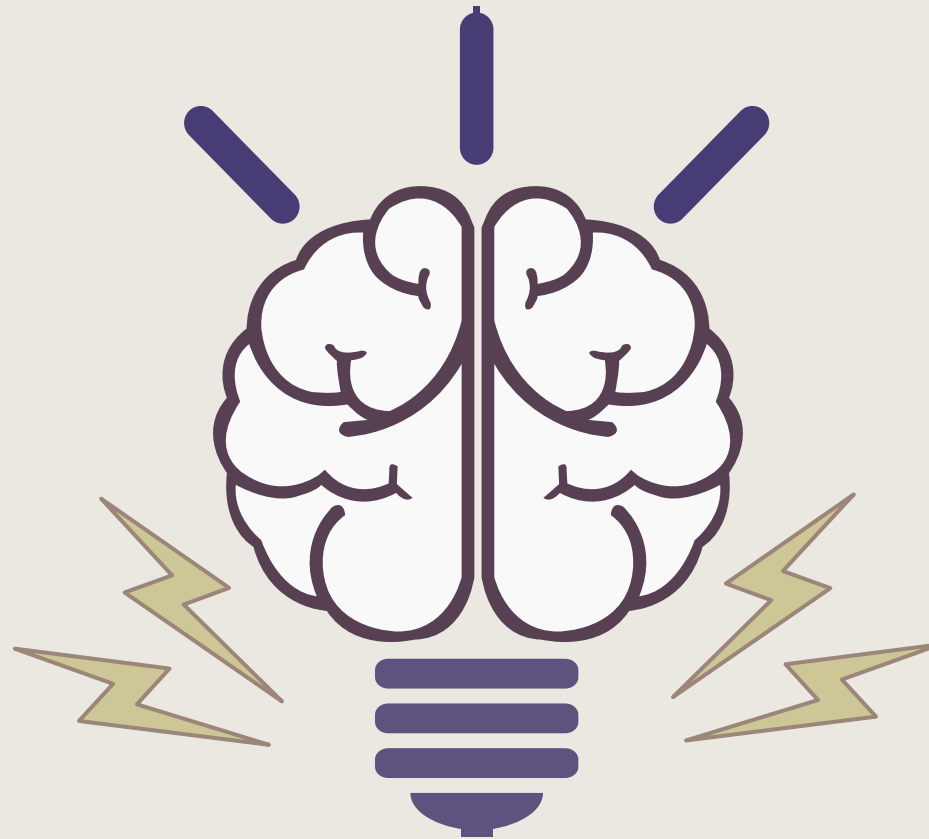
How do you intend to continue your mindful practice?



- ✓ Yoga
- ✓ Mindfulness Course
- ✓ Nutrition
- ✓ Connecting with family
- ✓ Learn a new skill

- ✓ Counselling
- ✓ Fitness
- ✓ Mental health workshops
- ✓ Poetry
- ✓ Meditation

Continue your practices to adopt a mindful mindset and take on new growth challenges!



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