

Suggested Meditations and Prompts for Group Practice Sessions

At SIYLI, we want to offer [practices](#) and [resources](#) for you all during this time of heightened anxiety and uncertainty, and to support you to do the same for your peers, coworkers, and communities. One great way to support others is to lead [mindfulness practice sessions](#). Remember that connection (albeit distanced) is important now more than ever, and that “when I is replaced by We, Illness becomes Wellness.”

How to Use this Guide

To make it simple to support others, we’ve compiled a few of our foundational meditations, based on the Search Inside Yourself program, and suggested discussion prompts in the table below. We’ve picked themes that we believe will resonate and support most people right now. A few notes on how to best use these:

- Please see these [guidelines and a suggested agenda](#) to help you structure and guide these sessions. You can read or paraphrase the description to introduce the meditation, and use the discussion prompts to encourage people to share about their experience after the meditation.
- Each session is intended to be 30 minutes, with guided meditations that are 6-10 minutes long. You are welcome to adjust based on you and your group’s needs.
- We recommend going in order of the table below, but you are welcome to adjust.
- Discussion prompts below are specific to each topic. Some **general discussion questions** you might also ask include:
 - What did you experience during that meditation?
 - Do you feel different now compared to before the meditation?
 - How does this topic relate to what you’re experiencing in life right now?
 - When might you use this type of meditation?

Session Topics, Meditations & Discussion Prompts

Theme	Description	Meditations	Discussion Prompts
Mindfulness & Staying Present	Mindfulness is a tool in and of itself to bring a sense of calm and ease amidst chaos and stress. In times of uncertainty we tend to “fast forward” often with a lens of catastrophic thinking, and with practice we can develop our ability to stay in the present moment. This meditation will help bring us into the present moment, and invite a sense of relaxation by bringing awareness to our breath and body.	Being Present [10min] Inner Calm [8 min]	<ul style="list-style-type: none"> • What does being present feel like in your body? In your mind? • Where can you relax into or create relaxation & ease in your body? In your day? In your life right now?
Focusing Attention	During these circumstances, our attention is pulled in many directions when worrying about keeping ourselves and loved ones healthy and safe, adjusting to changes in our work situation, caretaking, or taking on additional roles on top of our typical day to day. It’s important to be able to hone our attention to keep from getting overwhelmed and also be able to direct our attention towards what’s most important. This focused attention practice helps to settle and focus a full mind by resting attention on a single object of attention.	F o c u s e d Attention [9 min]	<ul style="list-style-type: none"> • From this place of grounded and clear attention, ask yourself ‘What’s Important Now?’ • What can you do to focus on what is most important, and how do you want to show up for it? • When during your day is your attention most scattered? When might you use a practice like this?
Staying Balanced in response to thoughts and emotions	We’re currently flooded with an overload of information, which may contribute to feelings of anxiety or overwhelm. Through this open awareness practice, we’re building our capacity to observe thoughts and emotions, without getting lost and carried away by them, while also building our muscle of discerning which are the things to give your attention to.	Open Awareness [6 min] Impermanence of Emotions [10min]	<ul style="list-style-type: none"> • Were you able to witness the flow of thoughts and emotions during this practice? How might that be useful? • Where are you holding on or getting caught in your life right now? How might this be serving you? How might this be limiting you? • How can you be intentional with where you put your energy and attention?
Self-Awareness	Emotions happen in our bodies, and influence our behaviors, so it’s important to be able to recognize emotions as they arise, especially challenging ones, and become more familiar with your emotional state and patterns. This body scan practice will help us build a high-resolution awareness of what’s happening physiologically, so we can start to have more insight into our emotional state as a foundation to the skill of managing	Body Scan [10 min] Body Scan Longer Version	<ul style="list-style-type: none"> • What information is your body giving you - from your sensations, thoughts or emotions? • What might be below the surface that is asking for your attention? • How do you want to respond to the situation based

	our behaviors.	[16min]	on this information?
Empathy & Compassion	Compassion is an antidote to feelings of overwhelm or helplessness in response to the suffering of others and what's happening in the world (which is sometimes called empathic distress), and increases pro-social behavior. This practice has us offering wishes to others in times of suffering, so we can meet them with care and compassion.	Loving-Kindness [10 min] Compassion Practice [13 min]	<ul style="list-style-type: none"> • What does it feel like to offer yourself and others compassion? • What are you most hoping for others? Can you frame this as a wish to offer as you move through your day? • Is there something you can set as a cue to remind you to extend these wishes?
Self-Compassion	Self-compassion is a key part of resilience, as it allows us to respond to our own challenges with care, without adding the additional struggle of self-criticism or avoidance, and also motivates us towards growth and improvement. Self-compassion also helps down-regulate our brain's threat system, reducing amygdala hijack and our anxiety response, and allowing higher functioning brain regions to come back online for more effective thinking.	Self-Compassion Break [9 min] Compassion for Yourself and Others [12 min]	<ul style="list-style-type: none"> • What are you most needing for yourself in this time? • Is there a part that has a hard time receiving or taking in compassion? What does it worry will happen if you take it in? • How does self-compassion impact how you interact with your work or world?
Gratitude	Gratitude helps us notice and appreciate the things and people supporting us, and promotes resilience by refilling our tank with deposits of positivity and appreciation. Note that gratitude is not meant to dismiss or minimize the situation or our experience of it, but it can add a cushion around the challenges. This supports us to be with the full range of experience, both challenges and joys, ultimately increasing our capacity to manage difficult experiences and be resilient.	Gratitude [10 min]	<ul style="list-style-type: none"> • What are the things or people that you're grateful for? • What does gratitude feel like in your body and mind? • How do you feel towards your current situation from the place of gratitude? • How can you remember to take note of the things you're grateful for throughout your day?



Disclaimer

Neither SIYLI nor the Mindful Workplace Community can be responsible for your use of the information contained, or linked to, in this document.

