



Mindfulness Coach

Mindfulness Coach is a free, easy-to-use mobile application (app). The app can help you learn about and begin to practice mindfulness. Mindfulness Coach can be used on its own, or to enhance face-to-face care with a healthcare professional.

We recommend that people new to the app start with “Mindfulness Training,” which walks you through specific readings and exercises, one level at a time. However, all of the exercises can be accessed at any time from the “Practice Now” section.

Want more? Additional exercises are available for free within the app.

- In the “**Practice Now**” section, tap the “**All**” menu.
- Scroll down to “**Additional Tools Available for Download.**” As new exercises become available, they will automatically appear here.
- Tap the exercise you would like to download. Once downloaded, the file(s) will appear on the “**All**” menu, just like the other practices.



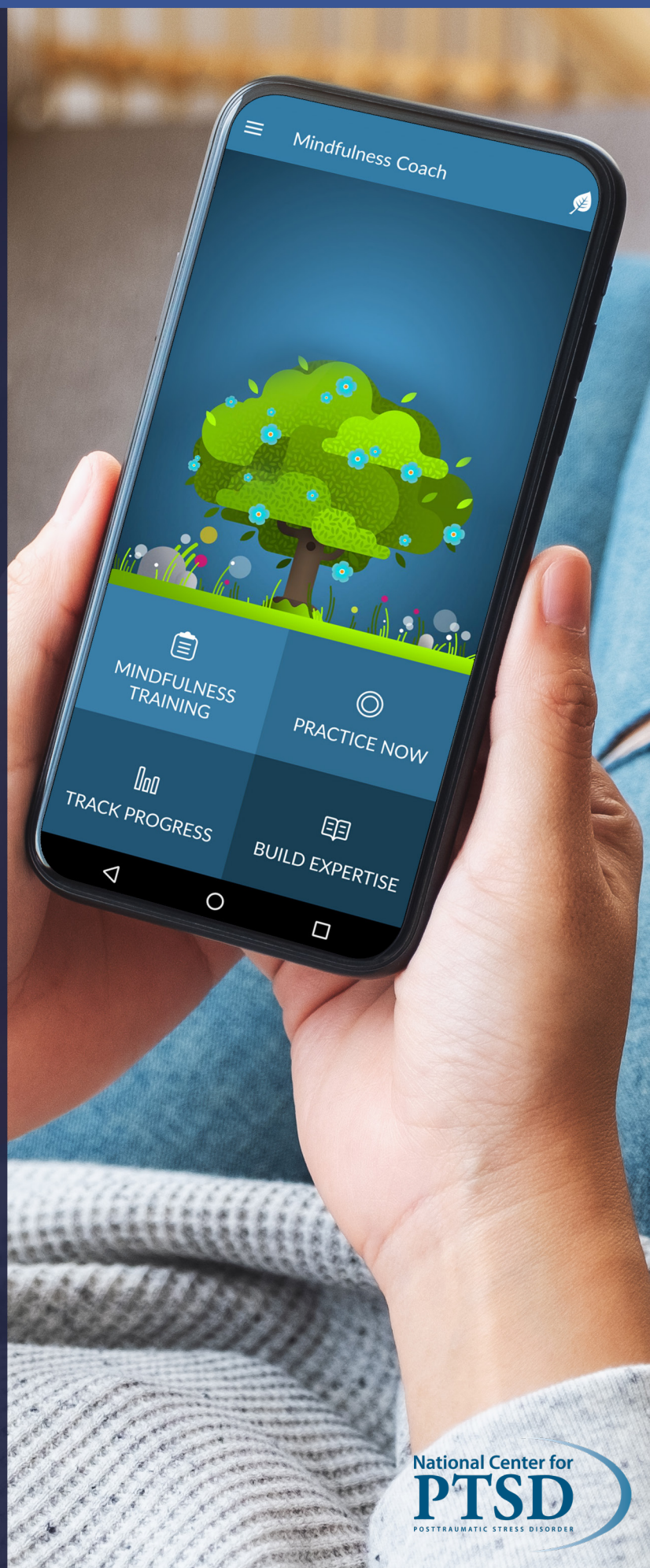
Download



www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

Tip

In order to download additional exercises, your device needs to be connected to Wi-Fi or mobile data. Once the files have downloaded, you can listen to them at any time – a data connection is no longer needed.



Practicing Mindfulness

Below is a table that briefly describes the additional exercises available for download. These exercises vary in length and can be used by anyone. Each one has a few words of introduction.

Practice Name	Additional Details
Mind-STRIDE	<ul style="list-style-type: none"> • 5-Minute Silent Practice • 10-Minute Silent Practice • 15-Minute Silent Practice • Awareness of Breath (~12:00) • Body Scan #1 (~12:00) • Body Scan #2 (~13:00) • Diabetes and Stress (<1 min) • Mindful Movement (~10:00) • Mindfulness for Diabetes (<1 min) • Mindfulness for Stress (<1 min) • Mindfulness for Veterans (<1 min) • Mountain (~10:00) • Mountain 3-Minute Breathing Space • What is Mindfulness? (<1 min) • Why Practice Mindfulness? (<1 min)
Mindfulness Coach 1.0	<ul style="list-style-type: none"> • Body Scan 1.0 (~9:00) • Clouds in the Sky 1.0 (~7:00) • Emotional Discomfort 1.0 (~6:00) • Leaves on a Stream 1.0 (~7:00) • Mindful Breathing 1.0 (~9:00) • Mindful Eating 1.0 (~6:00) • Mindful Walking 1.0 (~6:00)
iRest Freedom from Worry	<ul style="list-style-type: none"> • iRest Freedom from Worry 5-Min • iRest Freedom from Worry 10-Min • iRest Freedom from Worry 15-Min • Note: All of the iRest recordings are from the Integrative Restoration Institute
iRest Part I	<ul style="list-style-type: none"> 0. Intro to iRest Practices (5:05) 1. Experiencing Yourself as Sensation (4:56) 2. Messenger Meditation (10:58) 3. Forgetting and Remembering (9:50) 4. Affirming Your Heartfelt Mission (5:41) 5. Affirming Your Intentions (5:12) 6. Experiencing Your Inner Resource (4:35) 7. Inner Resource Meditation (7:43) 8. Sensing Your Hands (8:10) 9. Peeling Away Tension (6:03) 10. Progressive Muscle Relaxation (26:30) 11. Body Sensing with Autogenics (22:02) 12. Noticing Flows of Inhalation and Exhalation (14:50) 13. Noticing Flows of Sensation (14:09) 14. Breath Counting (17:40)
iRest Part II	<ul style="list-style-type: none"> 15. Experiencing Your Focusing and Defocusing Network (12:43) 16. Welcoming Your Feelings and Emotions (9:37) 17. Proactively Engaging Feelings and Emotions (8:53) 18. Welcoming Opposites of Feeling and Emotion (9:45) 19. Creating Continuums of Opposites of Feeling and Emotion (4:22) 20. Inner Weaving Your Inner Resource (8:53) 21. Welcoming Feelings and Emotions (18:18) 22. Welcoming Opposites of Thought (9:43)
iRest Part III	<ul style="list-style-type: none"> 23. Enhancing Joy (9:04) 24. Welcoming Joy and Well Being (11:10) 25. Welcoming Joy with Stress (13:27) 26. 12 min Healing iRest Nap (9:58) 27. iRest for Sleep (22:38) 28. Welcoming Gratitude (11:56) 29. Being Awareness (10:41) 30. Qualities of Awareness (12:17) 31. Entering the Stream of Awareness (10:54) 32. Being Awareness (19:21) 33. Who Am I (12:45) 34. Unchanging Awareness (9:58) 35. I Am (10:31) 36. Experiencing Your Wholeness (21:24)
iRest Part IV	<ul style="list-style-type: none"> 37. 8 min iRest 38. 20 min iRest 39. 35 min iRest 40. The Practice of Gratitude (6:33) 41. Day's Review (3:20) 42. A Final Meditation (3:20)