

JOURNEY TO WELL-BEING

Healthy Mind



innernow

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Healthy Mind

Support a restful, alert mind through mindful awareness for more calm and contentment.

InnerNow's *Journey to Well-being* gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the *Healthy Mind* program by Dr. Amishi Jha in the InnerNow App. Cultivating a healthy mind is a continued practice in awareness and connection.

Our minds have a natural tendency to fluctuate, often these fluctuations reflect the quality of our connection to source, which is eternal bliss consciousness. Through mindful awareness and continued practice, you can restore a connection to this eternal bliss consciousness and allow all thoughts, feelings, and sensations to flow from there.

Remember, well-being is a journey, not a destination. There is no “quick fix” or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Free Writing

Now that you've begun your journey to cultivating a healthy mind, let's take a moment to reflect on ways that you can further your connection and maintain harmony. Our days are made up of various tasks and demands that leave our schedules and, in turn, our minds full. Amid all the daily tasks and to-do's, we can engage with practices that help to settle and focus our minds when we need to most.

EXERCISE | Stream of Consciousness Journaling

Most of our days are spent in the active mind that is constantly thinking, feeling, and doing. When we are stuck in this layer of the mind, we can start to feel a sense of overwhelm. With a lack of awareness for where the mind is we can't access the balance we seek. In order to find this balance and nurture a healthy mind, we must first become aware of it.

Use the next page to write down anything that comes to mind as you consider this question:

What am I feeling, right now?

Notice what intuitively arises. Without worrying about grammar, sentence structure or spelling, begin to write on your page. Any thoughts, emotions, even memories that are showing up here. Anytime you notice your mind overthinking, trying to complete a sentence, or wanting to cross something out and start again, resist that urge and keep writing. When you feel complete, set your pen to the side and pause. You may even close your eyes and notice if your mind feels a little bit less full.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Reflection

On some days, when you are overwhelmed by your thoughts, free writing may feel inaccessible. Reflecting through intentional, guided writing is also a beneficial practice to create clarity within the mind. You can start with one question or prompt and return as frequently as you'd like. Allow these offerings to support you when you need them. Consider the following prompts as you reflect on your journey.

EXERCISE | Journaling Prompts

1. When do I feel most clear and connected?

Use this prompt when you are feeling disconnected or misaligned.

2. Make a list of 5 things that help you feel calm.

Use this prompt to gather a visible list of things you can return to in your daily life to find a sense of calm when overwhelming thoughts come in.

EXERCISE | Journaling Prompts (Continued)

3. What do I need most, in this moment, for my healing?

Use this prompt when you are feeling gripped or overwhelmed by a particular thought or emotion.

4. How can my present experience inform my future?

Use this prompt when you are feeling gripped or overwhelmed by a particular thought or emotion as an opportunity to imagine your growth.

Affirmation

Now that you've had the chance to reflect, take a moment to create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Let this affirmation be something you can return to anytime you need it.

What affirmations will help you continue to cultivate a healthy mind?

My affirmation for a healthy mind is...

Need Inspiration?

Try these affirmations

- *My mind is attended to the wisdom of the universe.*
- *My inner vision is clear and focused.*
- *My mind is alert, yet restful, and always knows what it needs to find harmony.*
- *With a calm mind I respond to stressful situations with ease and grace.*

Sensory Experience

One of the most important things you can do is learn to observe your mind. The nature of our world is dynamic, fast-paced and stimulating. Connecting to the various elements of your sensory landscape allows you to connect to the present moment and settle there. This practice can be done anywhere and anytime you notice your mind moving at a rapid pace.

EXERCISE | Practice slowing down by connecting to your sensory landscape.

Start by bringing your attention to the things that you see. Notice any colors around you, lights, shadows, and textures. Then, select just one thing to focus on. Let your mind focus on the details of this object as you hold it in your mind's eye. Next, bring your attention to anything that you feel. Notice any textures as they interact with your skin or the temperature of the air around you. Let your mind focus on one specific thing that you can feel in this moment. As your mind focuses here, let any thoughts that take you away from the specific object you are feeling fade into the background.

Then, guide your attention to any sounds in your environment. You might hear music, birds chirping, wind rustling leaves, or the hum of the dishwasher. Bring your focus to one sound that is in your environment. Let all other sounds, thoughts, and experiences fade away as you hold this sound in your mind's eye.

Finally, let your attention move to any scents in the space. Notice if there are any smells surrounding you, a candle burning, incense, food cooking, or fresh scents of nature. Guide your attention to hold one specific smell in your mind.

When you feel ready, release the specific objects in your mind and settle back into your day. Anytime you notice your mind moving at that rapid pace again, return to this practice. Allow your mind to reset and resettle.

Daily Practices

As you navigate your practice, try inviting in these exercises to support you in your daily life:

1. Create a to-do list: Creating an external list of tasks or projects you'd like to

complete can keep your mind focused where you want it to be. Anytime you find yourself jumping from task to task without completion, find your to-do list and move through it one thing at a time.

2. Create a not-to-do list: Our world is highly simulating and full of potential distractions. To help you maintain your focus, create a not-to-do list. Any time you feel the urge to pull out your phone and check Facebook, Instagram, or Twitter, write it down instead. Keep a piece of paper and a pen nearby so you can transfer the thought onto the paper and return to your task with more alert awareness.

3. Practice mindful walking: This can be done anytime you are walking, or you can set aside time to go for a walk and practice this. As you are walking, notice the sensations specifically related to walking. Feel your feet as they connect with the ground, one at a time. If you choose to walk outside, notice the sensation of the air against your skin. Feel your arms sway forward and back with each step.

4. Take more breaks: Research shows that taking small breaks throughout the day can help to keep your focus and boost productivity. One approach, the Pomodoro Technique, recommends working for 25 minutes then taking a 5-minute break. After 4 rounds of that a longer break of 15-20 minutes is recommended. The idea is that when you are working, you're working with purpose. All of your attention is focused on your task and when you take a break you give your mind time to rest and reset. **Tip:** Try starting with the 25-minute practice and build from there if it feels right, simply find what works for you. This can relate to all things, from cleaning the house and organizing the garage, to your workdays.

Community Connection

When we are cultivating a healthy mind it doesn't only relate to us, it translates to those around us. Our attention is one of our highest forms of love. If we are constantly distracted and buzzing, we are not able to be fully present with those we care for. With practice and commitment to finding a more balanced mind, we can foster deeper connection. A healthy, restful, and alert mind benefits you and all those around you.

EXERCISE | Practice restful listening

Our attention is often noticeably limited in conversation with others. Instead of grasping for what to say next, practice restful listening. Restful listening is a practice where you allow yourself to listen and receive with all of your senses, instead of interrupting, recapping what the other person has said, or using words and personal experience to connect, simply listen. I will practice restful listening with...

Reflect on your experience:

What did you notice, learn, or gain during this experience?

Resources

[Connect with Dr. Amishi Jha](#)

[Peak Mind](#) by Dr. Amishi Jha

InnerNow Articles

[Only a Silent Mind Can be a Healing Mind](#) by Deepak Chopra The Neuroscience of Mindfulness

[Meditation by Sarah McKay Ayurveda for a Calm](#) Mind and Spirit by Dr. Manas S. Kshirsagar

[How to Empower Yourself by Shifting Your Attention](#) and Intention by Deepak Chopra

Congratulations!

You've completed the Healthy Mind workbook! These tools are meant to support you whenever you need them most. Remember, to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources to support your restful and alert mind. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!