

Mindfulness Coach

Reference Guide for App Features

***NOTE: App available on iOS and Android devices**

Mindfulness Training

This section of the app provides readings as a self-guided approach to learning mindfulness. It integrates multiple sections of the app to learn and practice mindfulness. As one works through multiple levels the sapling on the home screen grows into a tree.

Practice Now

App Feature/Tool	Description	Recommendations for Use of Feature
Awareness of the Body and Body Scan	Awareness of Body: 13-min exercise attending to/noticing sensations throughout the body Body Scan (additional download): 16-min Body Scan, attending different bodily sensations from head to toe	Observe physical or physiological sensations (e.g., tension) in the body. <i>May be useful for Veterans who experience pain or uncomfortable bodily sensations or for helping recognize physiological experience associated with worry/rumination.</i>
Awareness of the Breath	8-min exercise attending to the breath	Become familiar with mindfulness through this simple exercise.
Awareness of the Senses	11-min exercise noticing experiences, putting them on leaves, and allowing them to float down a stream	Observe thoughts, sensations, and emotions.
Building Compassion and Loving-Kindness Meditation	Building Compassion: 11-min exercise Loving-Kindness Meditation: 13-min exercise	Use to incorporate compassion and loving-kindness into mindfulness practice. <i>May be useful for Veterans experiencing emotional suffering, loss, or negative emotions. Also useful for work on connecting with others.</i>
Mindful Eating	8-min exercise attending to the process of eating a small piece of fruit (e.g., raisin or apple slice)	Practice incorporating mindfulness in everyday activities.
Mindful Listening	Sounds that may be calming (e.g., beach, country road, dripping water, forest)	Practice mindful listening to specific sounds within the tool.
Mindful Looking	View pictures uploaded from personal device albums	Practice mindful looking by uploading pictures from personal device album to the app.
Mindful Walking	7-min exercise attending to the process of walking	Demonstrate that mindfulness can be done when doing daily activities (e.g., walking).
Mindfulness of Emotional Discomfort (Part 1 & 2)	Two 12-min "Mindfulness of Emotional Discomfort Exercises"	Notice thoughts and sit with the discomfort associated with thoughts/emotions, making space for kindness.
Seated Practice	Unguided practice: 1 - 60 minutes	Use for self-guided seated mindfulness practice of desired duration.

Notes. This reference lists the **Practice Now** tools available in the Mindfulness Coach app. Additional tools may be downloaded and used within the app. These tools are: **Body Scan**, **Mind-STRIDE**, **Mindfulness Coach 1.0** audio guided exercises, **Touching Thoughts & Emotions**, **iREST Freedom from Worry**, and **iRest (Part I – IV)**.

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Track Progress

App Feature/Tool	Description	Recommendations for Use of Feature
Goals	Tool to create a goal for mindfulness practice	Encourage Veterans to set mindfulness goals they can do daily to increase motivation for mindfulness practice.
Mindfulness Mastery	Assessment of mindfulness skills using the Mindfulness Mastery Assessment, <i>see reference in app</i>	Use to establish a baseline of mindfulness skill assessment and keep track of progress over time.
Practice Logs	Record of mindfulness practice	Track the timing, frequency, and type of mindfulness practice.

Build Expertise

App Feature/Tool	Description	Recommendations for Use of Feature
Learn About Mindfulness	Introduction to Mindfulness	Teach Veteran what mindfulness is and how mindfulness can be used.
Getting Started with Mindfulness Practice	Information about implementing mindfulness practice	Introduce Veteran to mindfulness practice by providing logistical and experiential information about mindfulness practice.
Benefits of Mindfulness	Psychoeducation about the benefits of Mindfulness	Increase Veteran's buy-in for establishing a mindfulness practice.
Cultivating Mindfulness	Psychoeducation about principles of mindfulness (i.e., observing, letting go of judgements, compassion)	Demonstrate the principles of mindfulness.
Mindfulness in Everyday Life	Suggestions for integrating mindfulness into daily life and setting mindful goals	Help Veteran integrate mindfulness into everyday life.
Mindfulness for Difficult Emotions	Recommendations on using mindfulness to manage difficult emotions	Demonstrate the utility of using mindfulness when experiencing difficult emotions or when suffering from PTSD.
When Mindfulness Seems Challenging	Suggestions for managing the challenges of engaging in mindfulness practice	Troubleshoot and normalize the challenges Veterans experience.
Growing Your Mindfulness Practice	Recommendations for applying mindfulness to oneself or others	Facilitate Veteran's mindfulness practice within a social context.
FAQ	Answers for frequently asked questions	Answer Veteran's questions about mindfulness practice.

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