

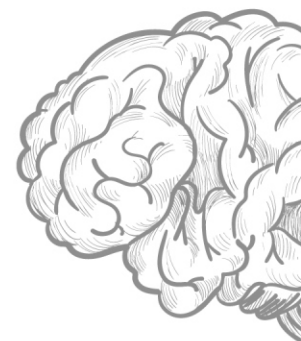


# NEURO ACADEMY

## WEEKLY UNWIND PLAN



**THE BRAIN  
DOCS**



# Monday

Find a quiet space for practicing mindful breathing. Assume a comfortable seated posture, but refrain from lying down, which might make you fall asleep. Close your eyes and sit quietly for 3 to 5 minutes. Your breathing should be deep but natural and comfortable.

Do this once in the morning and once in the afternoon. If you have trouble focusing, consider using an app with a timer and calming background music or nature sounds to help you relax.

# Tuesday

Repeat mindful breathing for 3 to 5 minutes during both the morning and afternoon. Feel your body being cleansed with each exhalation.

# Wednesday

Begin with mindful breathing for 3 to 5 minutes. Then add progressive muscle relaxation, a variation of mindful breathing described earlier in this section.

Feel each muscle as it relaxes, and how this physical relaxation encourages mental relaxation as well.

# Thursday

Begin with a few minutes of mindful breathing and progressive muscle relaxation.

Then add an element of visualization. Picture yourself sitting comfortably in a specific and calming location—on the beach, in the desert, or on top of a mountain. Imagine the temperature, wind, light, colors, and other sensory details. Relax deeply.

## Friday

Begin with a few minutes of mindful breathing with progressive muscle relaxation and visualization (try to use the same location you used yesterday; becoming familiar with a specific, calming location will help strengthen your meditation practice over time).

Today you'll also add an element of focus. Choose a specific object that you see regularly—your favorite necklace or painting, for example—and imagine it in great detail. See all aspects of the object. Maintain your focus for at least three minutes.

## Saturday

Repeat mindful breathing for 3 to 5 minutes during both the morning and afternoon. Feel your body being cleansed with each exhalation.

## Sunday

Practice the same elements of mindful breathing. If you feel comfortable, try sitting for 6 to 7 minutes. Continue building your skills with the goal of increasing your daily meditation sessions to 15 to 20 minutes each.