



EPISODE #1: HOW OFTEN TO PRACTICE?

Hi, I'm Sandra Schrock, the CEO of Levelhead. In the course of supporting thousands of people on their mindfulness journey, I am often asked three questions: "How often should I practice?", "For how long?", and "When is the best time?". While there is no, one right answer to these questions, we have a few suggestions for you.

First, "how often should I practice?". Just like physical exercise, consistency is the key to seeing the benefits. Many find that setting a goal to practice at 3-4 times a week is something they can do. And when they are consistently doing this, they set a goal to practice every day.

Second, "how long do I need to practice?". Our functional mindfulness program was designed for you to be able to practice during the normal course of your day. Many of the practices are as short as three to five minutes. And because the time commitment is so brief, many find that they are able to practice more than once a day.

Third, "when is the best time?". Many people find that starting their day with a brief practice sets the tone for the day. Other options include practicing at lunch, while commuting, or when they are transitioning from one task to another. And, many find that practicing before bedtime is a great way to ensure a good night's sleep.

If you need ideas on how to integrate your practice into your day, you might want to review Track 4, Everyday Situations, for ideas to get you started.

The good news is that there is no one, right answer. And, Levelhead was designed to support busy people just like you.

