



Getting Started with Insight Timer

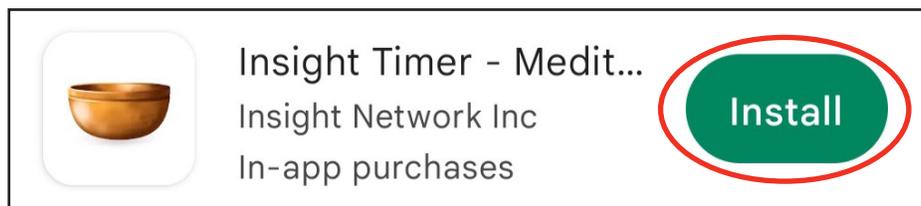


Insight Timer

Insight Timer is a free app that can help you take charge of your mental health and wellbeing. In this workshop, we'll go over how to download the app, sign up for an account, and customize the app to meet your mental health goals. We'll also explore how to use the meditation timer, search for guided meditations, and find groups that support your mental health goals.

Downloading the App

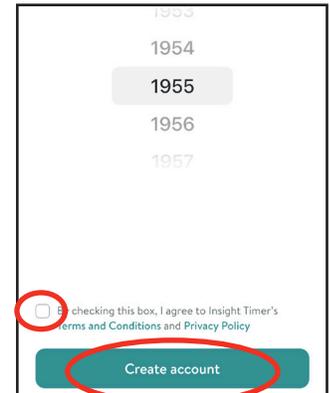
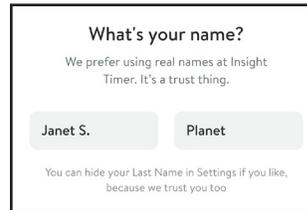
- 1 Search for the Insight Timer app from the Apple App Store (iPhone)  or the Google Play Store (Android phones). 
- 2 Tap **Get** (iPhones) or **Install** (Android phones) to download the app.



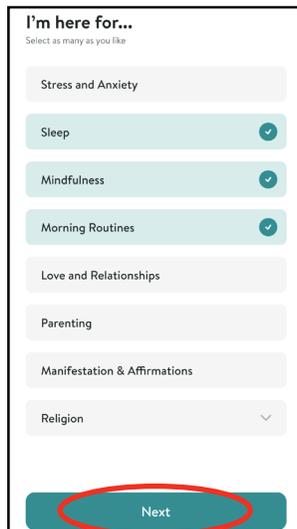


Signing Up & Customizing Your Account

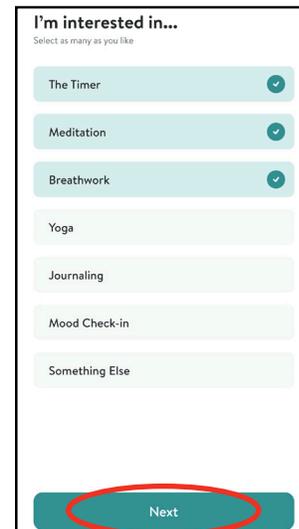
- 1 Open the app and follow the prompts to get started.
Then, tap **Create account**.



- 2 Select your preferences on the next two screens to customize your goals.
Tap **Next** on each screen.

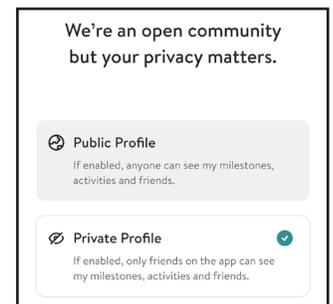


- Select the health and wellness topics that interest you.



- Choose the app features you want to explore and use.

- 3 Set your profile visibility. Tap **Finish** at the bottom of the screen when done.
You may want a public profile if you want to lead guided meditations or other wellness events.





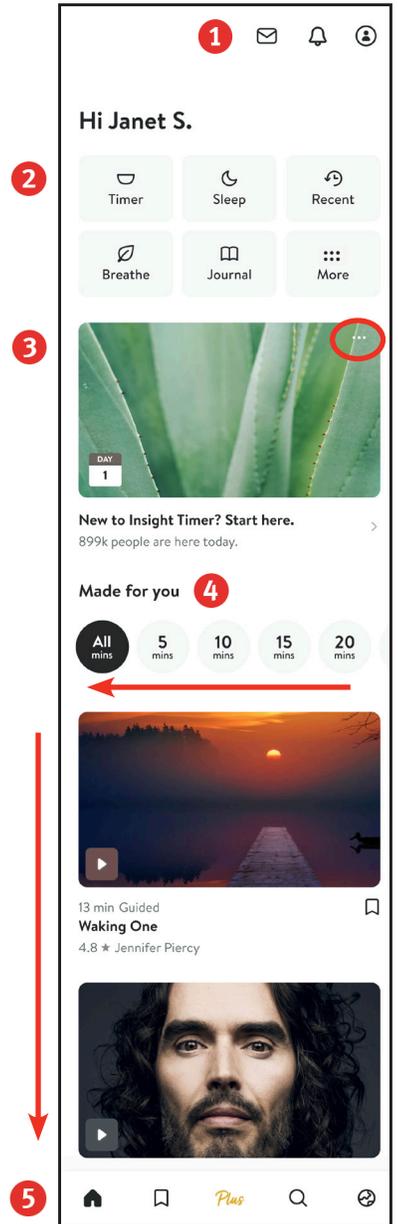
Your Home Screen

If you scroll down your home screen, you will see something similar to the image on the right. How much of the screen you see will depend on the size of your phone.

There are five major parts to your home screen:

- 1 Notifications** Access messages, notifications, and profile settings.
- 2 Features Grid** Tap on these shortcuts to explore different app features.
- 3 Challenge** Daily meditation challenge. Hide this by tapping on the 3 dots in the top, right-hand corner.
- 4 Made For You** Meditation tracks customized to your preferences appear here.
- 5 Navigation Icons** Tap to go to:

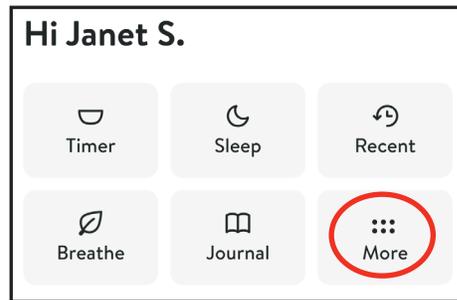
 - Your home screen
 - Library
 - Learn about Insight Timer Plus
 - Search Insight Timer
 - Your Profile





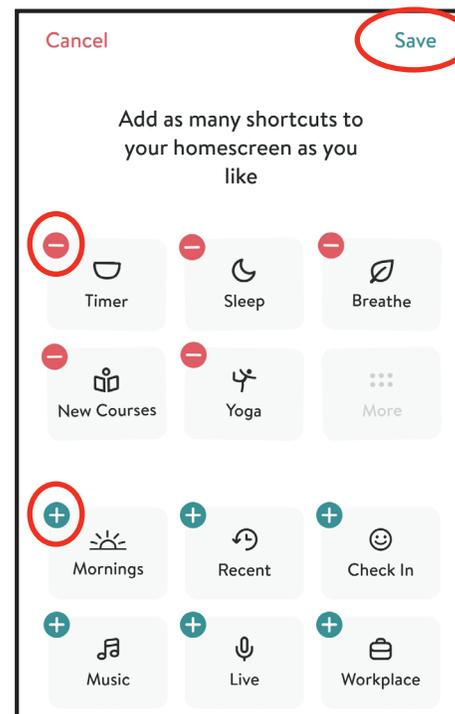
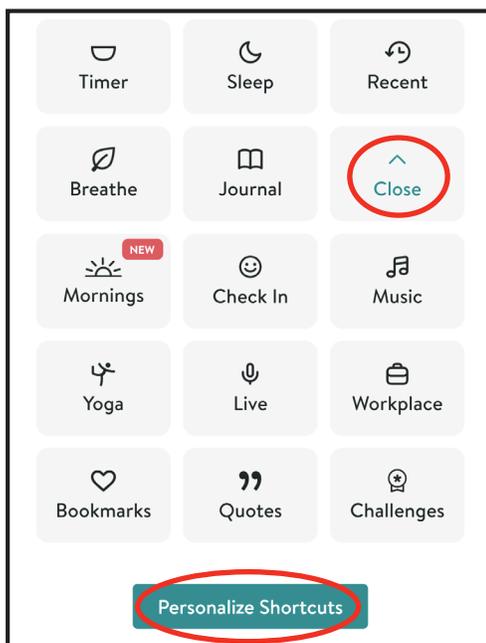
Exploring the Features Grid

- 1 Tap the **icons** to explore the app's features. Tap **More** to see more features. The order of the icons may change depending on the preferences you selected during sign-up.



- 2 Tap **Personalize Shortcuts** to select which five icons appear on the features grid.

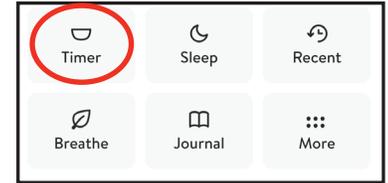
Tap the **red minus** to delete an icon from your home screen or a **green plus** to add an icon to your home screen. Tap **Save** when done.





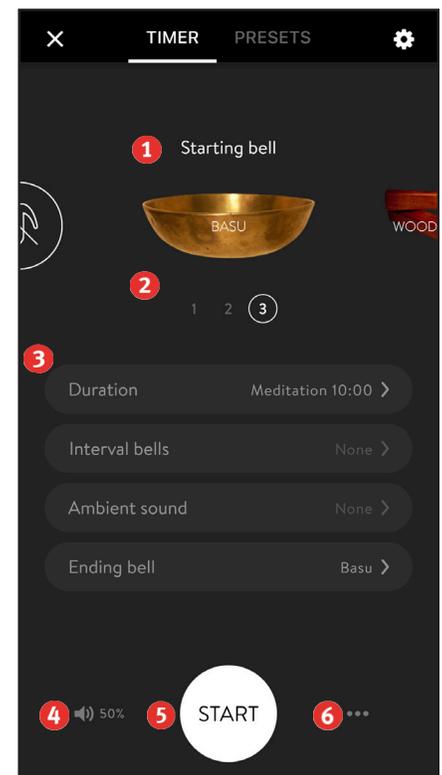
Using the Timer Feature for Meditation

If you want to start meditating without a guide or instructor, tap **Timer** on your features grid.



To set your timer preferences:

- 1 Scroll left or right to choose the type of bell you want for your starting bell.
 - 2 Tap **the numbers** underneath the bell to set how many times the bell will chime.
 - 3 Adjust the settings to set:
 - the amount of time you want to meditate
 - the number of times you want the bell to chime during your meditation
 - soundscapes you want in the background
 - the type of ending bell you want
 - 4 Tap the **volume** icon to raise or lower the volume of the bells.
 - 5 Tap the white **Start** button to start the meditation timer.
 - 6 Tap the **three dots** to save these settings as a preset for future meditations.
- What happens when you tap the gear icon in the top, right-hand corner?

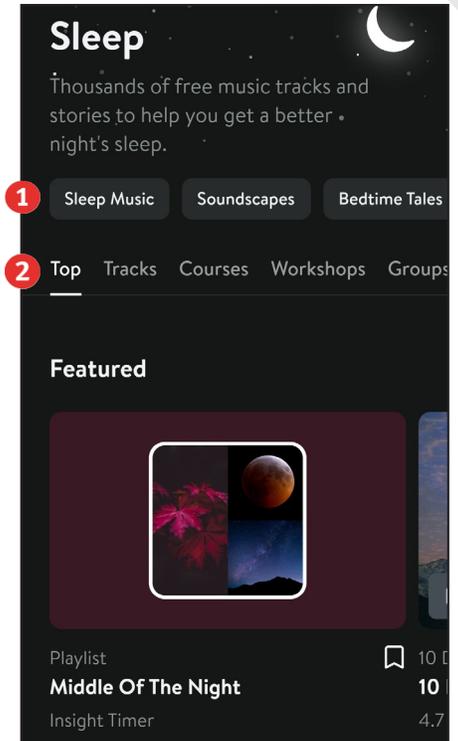




Exploring the Sleep Feature

Tap the **Sleep** icon on your features grid. You may have to tap **More** to find the icon.

- 1 Tap to filter for Sleep Music, Soundscapes, or Bedtime Tales. You can select more than one filter.
- 2 Scroll left to look through different tracks, courses, workshops, and groups related to sleep.

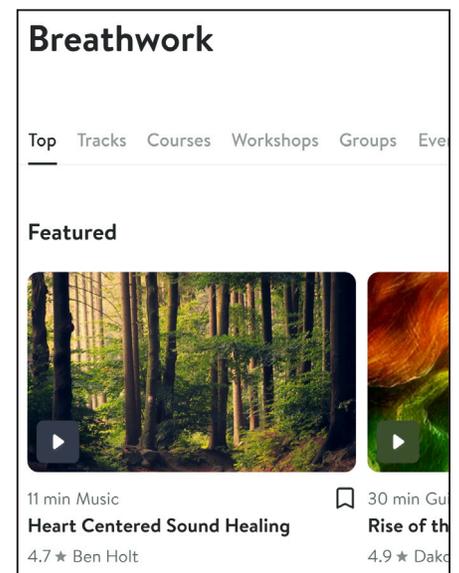


You can also continue scrolling down the screen to discover more sleep-related content.

Finding Sessions for Breathwork

Tap the **Breath** icon on your features grid. You may have to tap **More** to find the icon.

- Scroll left to filter for tracks, courses, workshops, and more that offer breathing exercises.
- Scroll down to find breathing exercises without filtering.

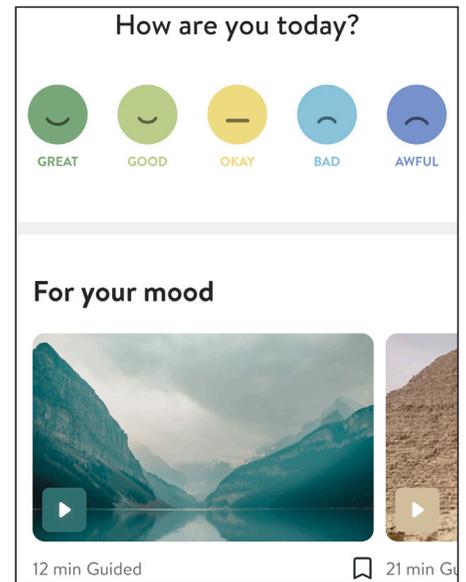




Checking In with Yourself

Tap the **Check In** icon on your features grid. You may have to tap **More** to find the icon.

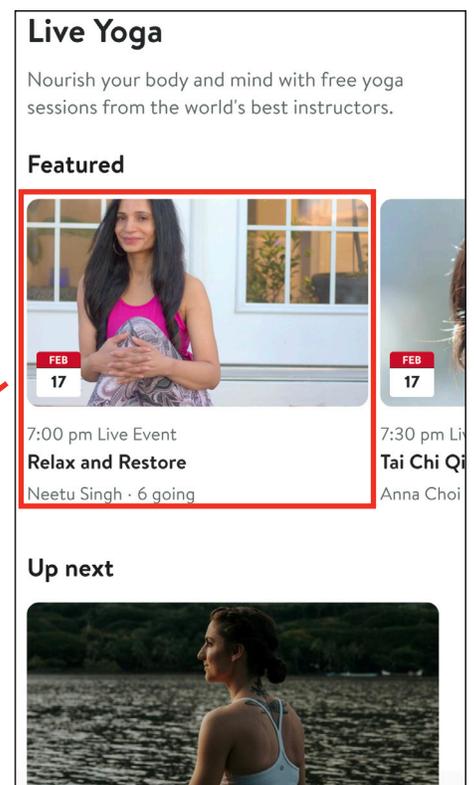
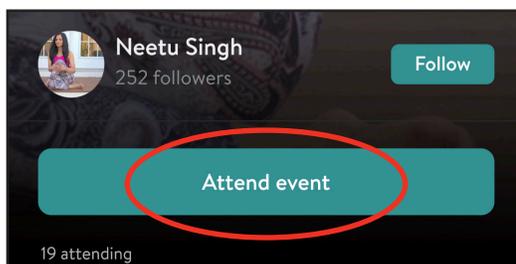
- Track your daily mood by tapping on one of the faces.
- Scroll left to find tracks that will alleviate stress and tension or elevate your mood.



Attending Live Yoga Sessions

Tap the **Yoga** icon on your features grid. You may have to tap **More** to find the icon.

- Scroll left to find featured live yoga sessions online. Tap on the **event**, then tap **Attend event** to attend.

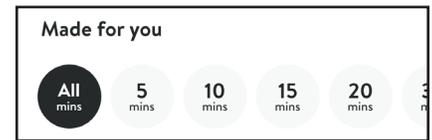


- Scroll down to see upcoming live yoga sessions online. If you keep scrolling, more future events will show up.



Discovering What's “Made for You”

If you are looking for guided meditations, scroll down to section on your home screen called “Made for You.” These guided meditation tracks are tailored to the preferences you selected during sign-up.



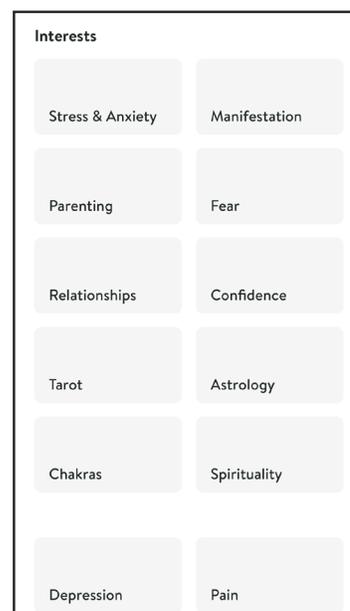
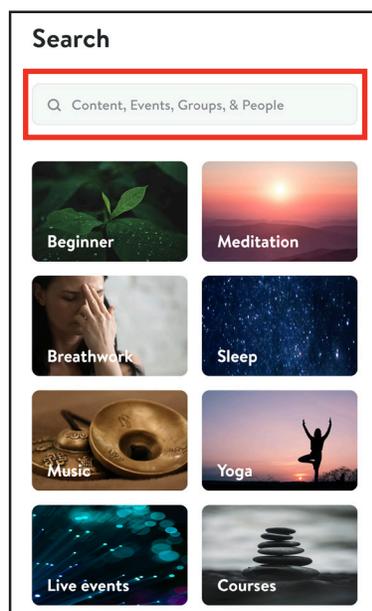
- Scroll left to filter meditations based on length of time.
- Scroll down to find meditations that might interest you.

Searching Your Interests on Insight Timer

- 1 You can also look for guided meditations using the search function. Tap the **magnifying glass** icon at the bottom of your home screen.



- 2 Type what you're looking for in the search bar. Or, you can scroll through and search by app feature or interests.





Playing Recorded Content

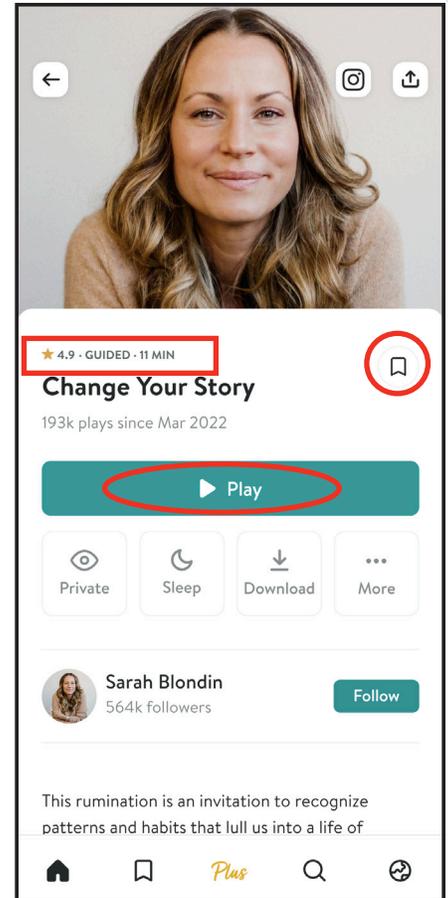
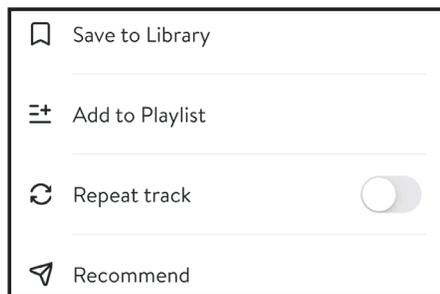
- 1 Once you've found music or a guided meditation you like, tap **Play** to begin. Note that the length of the recording is above the title.
- 2 If you want to save the meditation for later, you can tap the **bookmark** icon.
- 3 You can also do the following:

 The name of this file will not display in your activity.

 Once the file finishes, your device will automatically lock.

 Download the meditation to your device. This is only available with Insight Timer Plus, an optional, paid subscription that provides members with premium features, such as downloading tracks for offline listening.

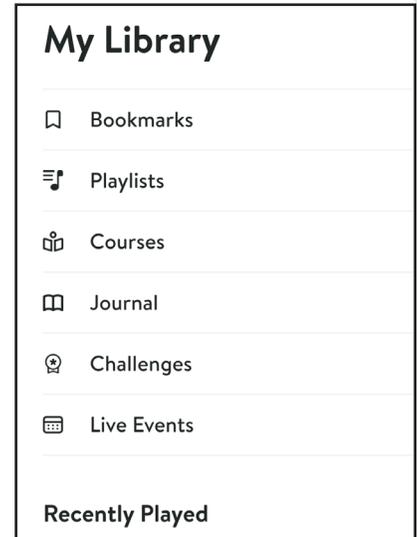
 More





Finding Saved Content

Your library contains your saved content and tracks you've recently played. To go to your library, tap the **bookmark** icon at the bottom of your home screen.



- What should you tap to look for a guided meditation you saved several days ago?
- What might you find if you tap **Journal**?
- What will show up under “Recently Played”?

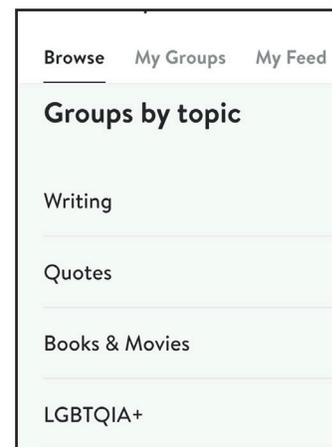
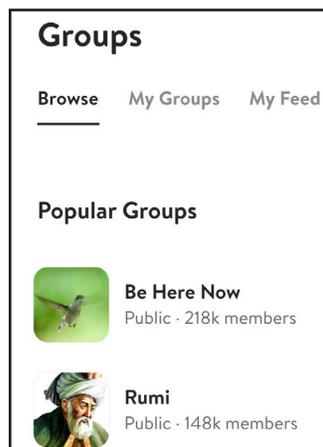
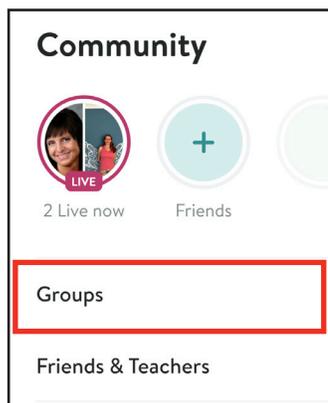
Discovering Community

Insight Timer’s community offers support for users at any point in their wellness journey, whether they are beginners or seasoned teachers. With over 6 million users, you’re sure to find community in groups!

1 Tap the **globe** icon at the bottom of your screen.



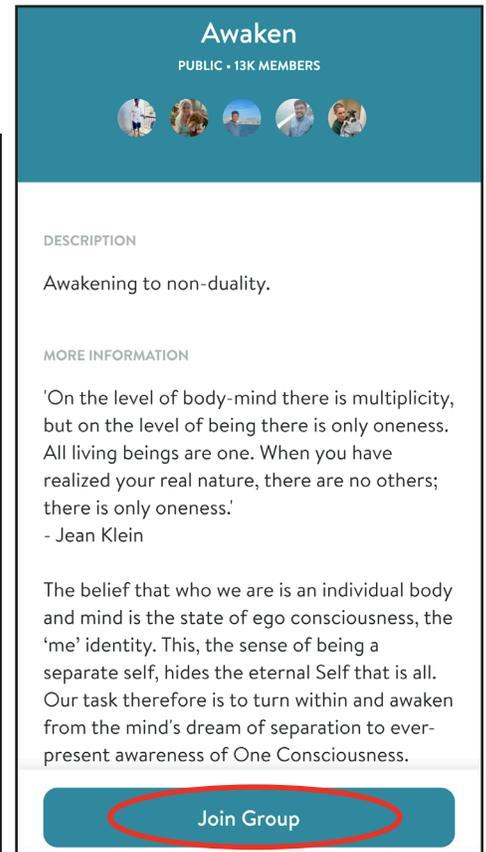
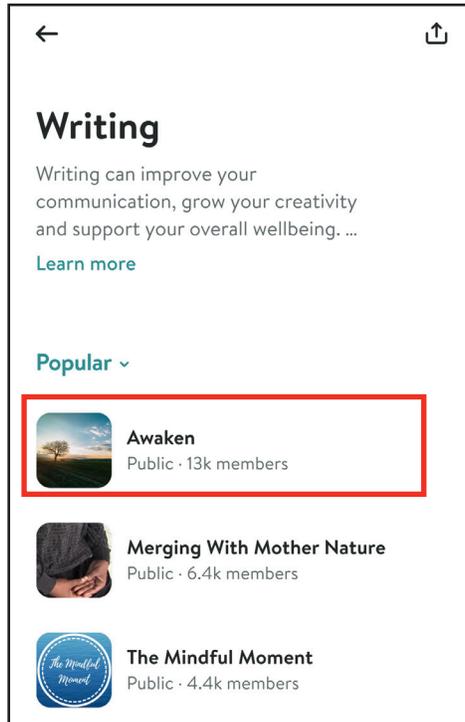
2 Tap **Groups** to find a community to share your interests and growth! Scroll down to browse groups by topic.



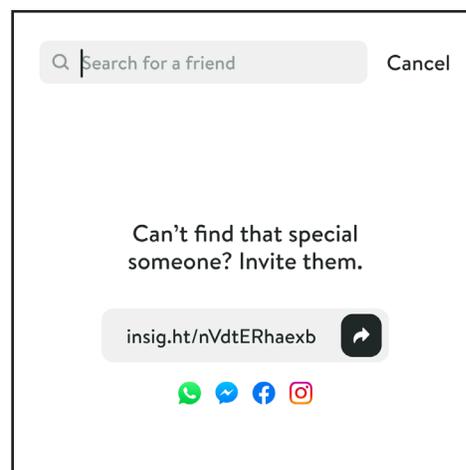
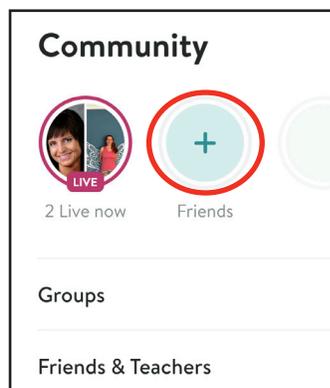


Discovering Community, Cont'd

- 3 To join a group, tap the **group name**. Then, tap **Join Group**.



- 4 You can add friends by tapping the **plus** icon. If you can't find the person you're looking for, you can send them an invite!



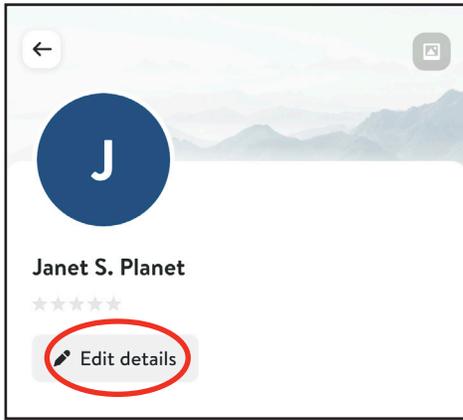
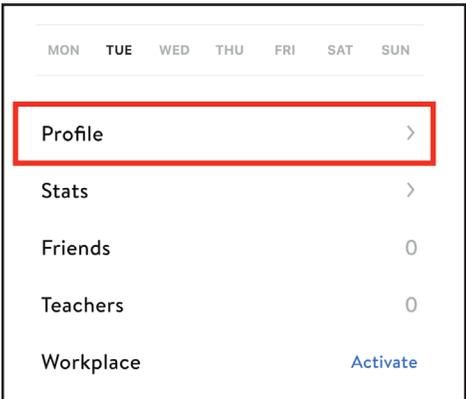


Bonus: Setting Up Your Profile!

Adding a profile picture and details can help you make the most of the community you join!

1 Tap the **profile** icon in the top, right-hand corner of your home screen. 

2 Tap **Profile**, then **Edit Details**. Enter details you feel comfortable sharing.



- To add a profile photo, tap the **pencil** icon next to the circle with your initial.

If you created a private profile during set-up, only your friends can view the information you enter. Tap **Save** when done.

Entering your location can help connect you with area groups and events. You can still use the app without entering your location.

