**Mindfulness-Based Stress Reduction - MBSR**

Northern Michigan Psychiatric Services, PC

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Recordings: [www.nmpspc.com](http://www.nmpspc.com)

**Week 5 Home Practice Assignment**

* Using the recordings provided on [www.nmpspc.com](http://www.nmpspc.com) alternate the **Open Awareness Meditation** with a **Movement Practice** (body scan, lying down yoga or standing yoga sequence) every other day this week
* Continue to bring awareness to moments of reactivity; however, this week **actively explore new possibilities – using the same qualities cultivated in practice** (curiosity, acceptance, openness, kindness, friendliness, a beginners mind, fresh eyes, compassion)
  + Perhaps using: S.T.O.P., P.N.F., using your Anchor, engaging actively in 1 or more of your 5 Senses to offer stability, calmness and clarity of mind.
  + What other options might there be?
* Complete the Difficult Communications Calendar

*“Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given circumstance, to choose one’s own way.”*

*Victor E. Frankl – psychiatrist and holocaust survivor*

*“It is not the potential stressor itself, but how you perceive it and then how you handle it that will determine whether or not it will lead to stress.”*

*Jon Kabat-Zinn*

***Allow by Dana Faulds***

There is no controlling life.

Try corralling a lightning bolt,

containing a tornado. Dam a

stream and it will create a new

channel. Resist, and the tide will

will sweep you off your feet.

Allow, and grace will carry

you to higher ground. The only

safety lies in letting it all in;

the wild and the weak; fear,

fantasies, and success.

When loss rips off the doors of

the heart, or sadness veils your

vision with despair, practice

becomes simply bearing the truth.

In the choice to let go of your

known way of being, the whole

world is revealed to your new eyes.