**Mindfulness-Based Stress Reduction - MBSR**

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Recordings: [www.mindfulnesstc.com](http://www.mindfulnesstc.com) “ Free Adult Meditations”

**Week 6 Home Practice Assignment**

* Using the recordings provided on [www.mindfulnesstc.com](http://www.mindfulnesstc.com) alternate the **Open Awareness Meditation** with a **Movement Practice** (body scan, lying down yoga or standing yoga sequence) every other day this week
* Bring awareness to moments of communication and interpersonal relating. Notice activity of the mind, emotions, bodily sensations and habitual patterns as you do so. Consider intentionally bringing mindfulness and mindful qualities into your interpersonal communication this week with both listening and speaking.
* Pay attention this week to what you take in: physically in the form of food and drink, but also what you take in with your senses: media, tv, Netflix, internet, smart phone etc. Notice the effect of what you are taking in. Apply what you are learning through practice and see what results. Perhaps try **S.T.O.P. (STOP**/ Pause, **TAKE 2 BREATHS**/or more, **OBSERVE/**Awareness (bodily Sensations, activity of the mind, emotions, surroundings), **PROCEED**/wise choice)
* Prepare for all day class –guided silent retreat

“If **you** love **someone**, the **greatest gift you can give** them is **your presence**.” —Thich Nhat Hanh

***SR***

A stimulus leading to an automatic immediate reaction – habitual pattern of reactivity - autopilot

Fight Flight Freeze

***S ………………….. R***

**A**

When **Awareness** is introduced between S and R it allows us SPACE, a PAUSE and the freedom to **CHOOSE** our response!

Leading to more skillful actions in alignment

with our intentions and values!

 ***Respond***

***A A A***

***S ………………….. R Respond***

***A A A Respond***