**Mindfulness-Based Stress Reduction - MBSR**

Northern Michigan Psychiatric Services, PC

Wendy Weckstein - wendyweckstein@gmail.com - 231-342-9634

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

**Week 6 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
* 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: Saturday, February 29th 8:30 am - 4:30 pmWhispering Waters B&BEmergency phone: 231-342-9634 2020 Sarns Rd. Traverse City

“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***

***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.