**Mindfulness-Based Stress Reduction - MBSR**

Northern Michigan Psychiatric Services, PC

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

**Week 5 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
* 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.

***River of Awareness* *by Wendy Weckstein***

Travelling down this river we call life, calm, peaceful and serene. Swiftly and gracefully flowing between the river banks.

I cannot see what is around the next bend. Waiting for me; treacherous seas- hazardous rapids.

Present… Alert…. Awake.

Skillfully paddling around one harrowing boulder after another. Overcome by fear.

Resistance for what is here. Desire for what is not; surely to make the trip more perilous.

What choice do I have I ask, …. but acceptance… and my adventure transforms. Stimulating Exciting Beautiful.

Stronger, Wiser. Knowing one thing is certain, the waters are sure to change.

Comfortable with the unknown, ready to accept and meet whatever may arise. Beauty even in the face of great trial.

This Beautiful River of Awareness.

I see now that I always have had the choice to STOP, to rest on the river bank firmly anchored on solid ground, rooted to the earth.

Fresh eyes - fresh perspectives, maybe even choosing a completely different route; Unexpected - surprising perhaps.

This Stunning River of Awareness

**Use back of this page for more room for reflections**

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| **Awareness of Difficult or Stressful Communication Calendar** Be aware of one difficult or stressful communication each day while it is happening. At a later time record the details of the experience. | **Describe the communication. Who was it with? What was the subject?** | **How did the difficulty come about?** | **What did you really want from the person or situation? What did you actually get?** | **What did the other person want? What did they actually get?** | **What thoughts, emotions, or bodily sensations were present during the interaction?** | **How do you feel now as you reflect and write about it?** |
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Standing Yoga Sequence

