**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 7 Home Practice Assignment**

* This week experiment without recordings. Total daily practice time should still be 45 minutes - dividing up the time as it feels most supportive for you. For example: 10 minutes of yoga followed by 35 minutes of sitting practice, or 15 minutes of yoga followed by 10 minutes of body scan and then 20 minutes of sitting practice. Feel free to incorporate mindful walking as well and to consider varying how you spend your 45 minutes during the week.
* Continue with informal practice throughout your days whenever and wherever possible. Bringing awareness to thoughts, emotions, bodily sensations and to your 5 senses as you engage with your normal daily routine. Acknowledge the wakefulness and vividness that is present in each moment of intentional and full presence.
* Continue to work with what you “take in” – choosing one new action or area to bring awareness to…noticing closely the effects of over-engaging in this action and to perhaps investigate what might be most supportive and nourishing in ones life related to this specific action.
* Next week is the last week of class. Feel free to come to class with a creative, or not so creative, way to express what has been taken in from this experience over these last 10 weeks. (poetry, music, activity, joke… anything goes – well almost anything 😊)





