

Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 2 - Perception and Creative Responding (Handling Stress)

Duration 2 hours

<p>Key Learning</p> <p>Identification of habitual patterns of thoughts and behaviours</p> <p>Acknowledgement of a situation without judgement or trying to change anything</p> <p>Developing freedom to choose our responses</p> <p>Identifying stressors and our responses to stress</p>		
<p>Essential Meditations</p> <p>1 X short sitting practice</p> <p>Eg familiarisation with the breath and inquiry</p> <p>Body scan</p> <p>Abdominal breathing</p>		<p>Resources</p> <p>Mats, blankets, cushions, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>Palmer and Dryden list</p> <p>Pleasant events journal</p> <p>9 dots exercise (one per participant)</p> <p>Autobiography in 5 chapters</p> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>
<p>Timings</p> <p><i>add your own here</i></p>	<p>Duration</p> <p><i>minutes</i></p>	<p>Teaching and delivery notes</p>
	10	Short sitting practice eg familiarising with the breath and inquiry
	25	Review Home Practice (use it to recap major points from Wk 1, e.g. definition, commitment, etc). Motivation and commitment to home practice essential.

		Usually includes difficulties with body scan, explanation of meditation line, nature of mind's tendency to wander, unpicking pre-conceived ideas of what meditation is.
	20	Identifying Stress- Pair Work with questions on flipchart: How are you affected by stress (refer to the Palmer & Dryden handout if you have included in their resource pack) What are your stress patterns? What do you do to cope with stress? What works for you? How does mindfulness help/ the benefits? Feedback to larger Group.
	5	9 dots exercise (Perception) Key Point – It's not the events themselves but how you handle them that influences the effects they have on your body and mind. (Or mindfulness of daily activities if there was no time in week one)
	10	Mindful abdominal breathing and discussion
	5	Introduce pleasant events journal
	30	Body Scan (perhaps 20 mins) & Inquiry (possibly seated)
	10	Autobiography in 5 Chapters and discussion
	5	Home Practice – Body Scan (5 of 7 minimum), Daily Mindful Activity, Pleasant Events Journal. Lovely motivating quote to share at the end to close session: “Psychological stress is a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her wellbeing.” Richard Lazarus, 1984, Stress Appraisal and Coping p19

Evaluation of session

Use the space below to record your reflections on your teaching of the session

What went well?

Any challenges/ difficulties and how you overcame them?

Any actions for next time?