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| | 20 | Review Home Practice (Mindful Movement, another Daily Mindful activity. Unpleasant Events Journal- if it wasn't completed in session 3) |
| | 10 | Brief explanation of neuroscience relating to stress (ANS) |
| | 10 | Introduce the stress indicator and demonstrate how it can be used, Either by drawing on the flipchart and doing a whole group discussion or participants to explore in pairs. |
| | 15 | Mindfulness practice (eg. 3-step mini meditation) and Inquiry. |
| | 5 | Reading eg, Farmer and the sage |
| | 15 | <p>Floor Chart Exercise: Kindness/Discipline- halfway review. Reflect on commitment to Course – can this be altered?</p> <p>Put questions on the board for discussion in pairs:</p> <ul style="list-style-type: none"> • What if anything am I learning through this process? • What do I need to do to get the most out of this Course? • What can I change to support my practice further? • Can I approach things differently and more creatively? |
| | 30 | Seated Mindful Movement practice and inquiry. |
| | 5 | <p>Home Practice – Mindful Movement (5 of 7 minimum), Record Daily Mindful Activity (different), STOP/MTG, Appropriate Journal eg stress, practice, daily activity journal, encourage awareness of automatic habitual stress reactions.</p> <p>Reminder re Practice Day details– set the beginning of the course, for after week 6.</p> <p>Lovely motivating quote to share at the end to close session:</p> <p>“The easiest way to relax is not to put yourself under pressure by telling yourself to relax. This is trying to make things different. It is more relaxing to not resist what is already here – accept what is present with awareness and kindness.”</p> |

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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?