



**Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 5 -  
Finding Space for Responding (Rather than reacting)**

**Duration 2 hours**

Key Learning		
<p><b>1) Pay attention to our ability to respond rather than react- pause, STOP, 3 step breathing space. Thoughts are NOT facts</b></p> <p><b>2) Honouring the full range of emotions- respecting and expressing them with clarity and respect for self and others.</b></p> <p><b>3) Allowing and letting things be. Between stimulus and response there is space and in that space lies our choice and our freedom. Acceptance is key.</b></p> <p><b>4) Conditioned patterns in relationships</b></p>		
<p><b>Essential Meditations</b></p> <p>Mindful walking</p> <p>Taking in the Good</p> <p>Mindful breathing</p>		<p><b>Resources</b></p> <p>Mats, blankets, cushions, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>The Guest House reading</p> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>
Timings	Duration	Teaching and delivery notes
<i>add your own here</i>	<i>minutes</i>	
	20	Walking meditation and inquiry
	15	Review Home Practice (Mindful Movement, Daily Mindful activities, STOP/MTG).
	15	Difficult communications and situations



