

**Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 6 - Working with Difficult Situations (Interpersonal Mindfulness)**

**Duration 2 hours**

<p><b>Key Learning</b></p> <p>1) <b>Interpersonal mindfulness to include listening and communicating creatively</b>          2) <b>Awareness within relationships</b>          3) <b>Cultivating the ability and capacity to change reactivity in a more flexible way. Recognising resilience and resourcefulness can develop as a result.</b></p>		
<p><b>Essential Meditations</b></p> <p>1 x short sitting practice Mindful breathing</p>	<p><b>Resources</b></p> <p>Mats, blankets, cushions, blocks, bell, clock Flip chart and pens Visual aids/ display on flipchart:</p> <ol style="list-style-type: none"> <li>1. Avoidable and unavoidable suffering table blank</li> <li>2. Primary and secondary suffering table</li> <li>3. Qualities of Interpersonal Mindfulness</li> </ol> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>	
<p><b>Timings</b></p> <p><i>add your own here</i></p>	<p><b>Duration</b></p> <p><i>minutes</i></p>	<p><b>Teaching and delivery notes</b></p>
	10	Short sitting practice eg listening to sounds and inquiry
	15	Review Home Practice (Daily Mindful Activity (different), Mind the Gap/STOP, Taking in the Good. Identifying how you communicate)

	30	How to work with suffering differently  Introduce, explain and demonstrate this using the story of the 2 arrows and your visual aids 1 and 2. Explore either as a whole group or in pairs, feeding back to the group.
	35	Sitting with the Breath & Inquiry – start with abdominal breathing.
	10	Introduce and explore the 8 attitudes.
	20	Listening, communications exercise and inquiry- qualities of interpersonal mindfulness (visual aid 3.)
	5	Home Practice – Breath Meditation (5 of 7 min), communicating with awareness  <b>Lovely motivating quote to share at the end to close session:</b>  “You don’t have to like it you just have to do it!” Jon Kabat-Zinn

**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?