

**Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 7 -  
Cultivating Kindness to Self and Others (Looking after myself)**

**Duration 2 hours**

Key Learning		
<p>1) <b>Introducing the concept of self-nourishment</b></p> <p>2) <b>Identifying adaptive and maladaptive choices, taking care of themselves-sustainers and drainers exercise</b></p> <p>3) <b>Integrating mindfulness into daily life in a full and sustainable way</b></p>		
<p><b>Essential Meditations</b></p> <p>1 x short sitting practice</p> <p>Loving kindness practice</p>		<p><b>Resources</b></p> <p>Mats, blankets, cushions, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>The 10,000 Things exercise</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>	
	15	Short sitting practice eg choiceless awareness and inquiry
	20	Review Home Practice - Breath Meditation, communicating with awareness, awareness of what you are bringing into your body and retreat day if that has been facilitated yet
	20	Introduce, explain and demonstrate sustainers and drainers. Explore as an activity either as a whole group or in pairs, feeding back to the group.
	20	The 10,000 Things exercise and inquiry.

