

Syllabus for Introduction to Mindfulness Based Stress Reduction

Welcome! We hope this group will be meaningful to you as you learn more about yourselves and how to use mindfulness-based skills to manage stress and improve your general quality of life.

One definition of **mindfulness** is paying attention and being aware of the present moment with curiosity, kindness and without judgement.

Schedule for Sessions

Session 1 - breathing exercises, body scan

Session 2 - walking meditation, word guided meditation

Session 3 - guided imagery exercise, labelling thoughts

Session 4 - mindful eating meditation, labelling feelings

Session 5 - retreat

To benefit fully from the program, we ask you to:

- practice a meditation for at least 10 minutes every day and fill out the log sheets
- read at least the following parts of, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn (first published in 1994) and bring a short quote from the readings for each group session. Page numbers below are from the 10th anniversary edition first printed in 2005 but section titles should be the same in all editions.

For session 2: pp. 1-34, 101-134, 145-148

Ie. Part One from “What is Mindfulness?” up to and including “Can Anybody Meditate”, Part Two from “Sitting Meditation” up to and including “A Way-Is-My-Way? Meditation”, Part Two “Walking Meditation”

For session 3: pp. 35-99

Ie. Part One from “In Praise of Non-Doing” up to and including “Going Inside” (end of part one).

For session 4: pp. 195-216

Ie. Part Three from “Wherever You Go, There You Are” and up to and including “Interconnectedness”.

For session 5: Finish the book!

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Emergency Resources

Sometimes meditation can bring on strong emotions which you may want to discuss with your therapist and/or your regular doctor. In case you need to talk to someone sooner here are some support services:

Toronto Distress Centres: 416-408-4357.

Suicide Crisis Helpline: crisis line for Canadians 9-8-8, call or text 24/7. 988.ca

ConnexOntario: 1-866-531-2600, connexontario.ca, confidential health services information for people experiencing problems with mental health.

If you feel very unwell, please call 911 or get to the nearest emergency department.