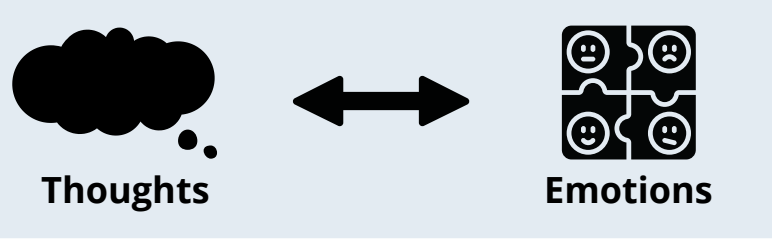


Session Recap

Mindfulness helps us work with the **chattering mind** by **noticing our thoughts as they come, letting them go**, and bringing ourselves back to our **anchor point**.

Remember that **thoughts are separate from us**, and they occur separately from who we are. That's why we can become aware of them!

Interrelationship between Thoughts, Emotions, and Behavior



Our **thoughts affect our emotions**, and our **emotions affect our thoughts** because they're **interconnected**. This is why it's important to not get carried away by our thoughts.

Tendencies with our Thoughts

Tendency to Rumininate

Allowing **certain thoughts to keep repeating** in our mind, disrupting the present moment

Getting lost in thought and missing out on **good moments**

Getting stuck in rumination or **negative thought spirals**



Mindfulness helps us:



Recognize when we're caught up in our thoughts

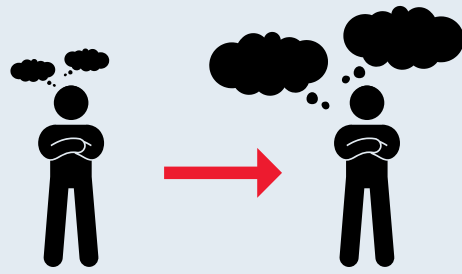
Observe and accept **anxious/intrusive** thoughts

Turn our attention back to the present moment

Tendency to Avoid Unwanted Thoughts

Trying to **actively suppress unwanted thoughts**, which can backfire

The more we try to avoid certain thoughts, the more **space** they take up in our mind! Avoiding thoughts also takes a **LOT of energy** to do

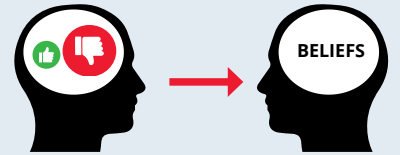


Mindfulness helps us become **aware** of our thoughts as they race through our mind, and **watch them come and go** as they may

Tendency to Make Judgments

Making judgments, by evaluating or labeling ourselves and/or others

Although we make both positive and negative judgements, **the negative ones stand out in our minds**; if they persist long enough, these judgments become **beliefs**



Mindfulness helps us remember that just because you have a thought, this **does not** mean it's true or real



Home Practice Instructions & Log

Informal mindfulness

Practice mindfulness informally on at least **4 additional days over the next week, as much as possible each day**, to make for a total of 5 days of practice (including the in-session practice). This can be any combination of the informal practices we've learned up until this point, but we'd like you to pay specific attention to the strategy taught in Session 3 (see instructions below):

1 Awareness of Thoughts & Re-Anchoring

This strategy is a quick 3-step process:

- 1 Pull yourself out of your thoughts by focusing on your anchor (e.g., breath, sounds, surface beneath you)**
- 2 Become aware of the thoughts you were having and the nature of them (e.g., planning, worrying, no thoughts)**

"I'm worried about failing the exam I have next week"
"I don't think I'll have time to prepare for my interview"
- 3 Gently return to your thoughts as needed, with the perspective that they are just thoughts, and not necessarily a reflection of reality**

Instructions: This week, try this practice out (1) during a challenging academic task, (2) following a stressful or uncomfortable social interaction, or (3) anytime you're experiencing repetitive negative thoughts or rumination. Use the same 3 steps for all scenerios.

	Date	Practiced today?	Notes
1			
2			
3			
4			
5			
6			
7			

For any questions about the project, contact Julia Petrovic, the project coordinator at student.wellness@mcgill.ca