

## Session Recap


**Mindfulness** involves being **aware of the present moment**, on **purpose**, with **acceptance** - rather than **judgment** - of our experiences.

### Formal vs Informal Mindfulness Practice

**This is your group!**


**Formal mindfulness**

- Structured
- Practiced for a certain amount of time
- Guided (using an audio recording) or unguided (bells)



**Informal mindfulness**

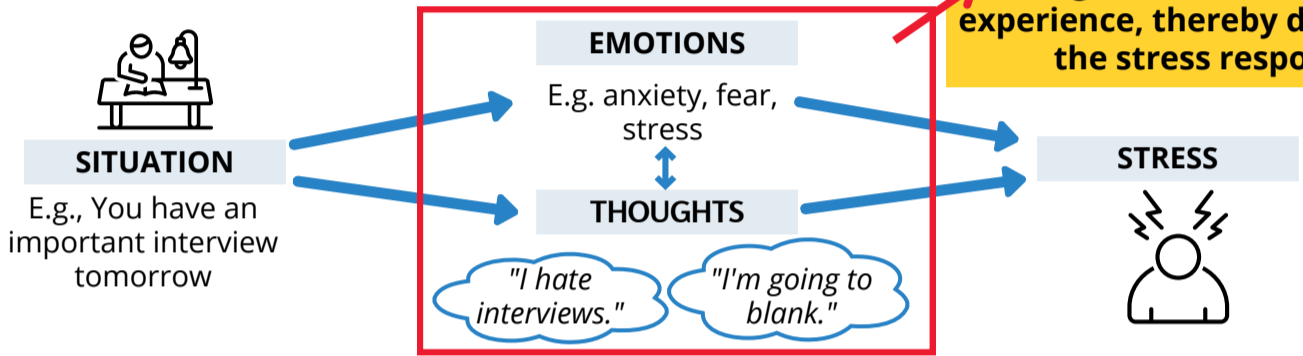
- Less structured
- Can be done anytime and anywhere
- Incorporated into daily activities (washing hands, going on a walk)




We're not going to ask you to practice informal mindfulness, but if it happens organically during the project period, that's fine!

Most situations do not **directly** cause stress. Rather, it is our thoughts and emotions that influence our **stress response**.

### How Mindfulness Works



**Mindfulness can decrease the intensity of the negative thoughts and emotions we experience, thereby decreasing the stress response**

### Debunking Mindfulness Myths



**Mindfulness is about focusing on the positive**

- Unrealistic to be positive all the time
- Mindfulness = Being **aware** and **accepting** of your experiences, rather than trying to change them



**Practicing mindfulness means "silencing your mind"**

- Mindfulness ≠ Eliminating thoughts
- It's about allowing thoughts to come and go **without getting caught up in them**



**If your mind wanders, you're doing it wrong**

- Mind wandering is **normal**
- Most important = That you **bring your attention back to the present moment** every time



**Mindfulness practice should feel relaxing**

- Becoming aware of your present moment experience may bring about **physical or emotional discomfort**
- Try to sit with discomfort **without immediately trying to change it**

### Home Practice Instructions & Log



#### Formal mindfulness

Practice the **15-minute body scan** at least **once per day**, on at least **4 additional days** over the next week, to make for a total of 5 days of practice (including the one we did in session!) At the start of the next group session, we will discuss how this went for you. If you'd like, can use the log below to keep track of your home practice!

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