



PRACTICE/LEARNING SUGGESTIONS

In order to realize the benefits of Mindfulness-Based Stress Reduction, please consider . . .

. . . making a personal commitment to MBSR practice for 45-60 minutes daily at least 6 days per week for the next 8 weeks. Your commitment is essential. It is the *practice* of mindfulness meditation that will enable you to realize its benefits. This commitment can be a challenging one, and may require a lifestyle change. You may have to rearrange your schedule to allow time for daily practice, carving out time from other activities. Once you taste the benefits of MBSR, then you may find that maintaining a daily practice becomes easier and highly rewarding.

. . . making a personal commitment to practice mindfulness in daily living (informal mindfulness practice). We can bring mindfulness to eating, walking, driving, interpersonal relationships, anytime throughout the day. This conscious act of remembering and bringing attention to the present moment and simple activities throughout the day, enhances your formal meditation practice. Both formal and informal practice are just that, practice at being fully present to each moment as life unfolds just as it is.

. . . putting goal attainment on hold. Putting aside any desire to use MBSR to reach a certain objective (e.g., relaxation, pain relief, inner peace) will allow you to fully experience a primary part of the program, which is “non-doing” or “non-striving.”

. . . approaching your practice with an attitude of kindness, compassion, gentleness, openness and inquisitiveness toward yourself and others. Your role is to just observe, developing a deeper awareness.

. . . sharing relevant events, materials or experiences for the good of the group. You are invited to share, in whatever manner you are most comfortable, a brief summary or copy of an article, book, poem, movie, idea, story or anything that is relevant to the formal or informal practice of mindfulness or stress management. This information may be shared during any session.

. . . practicing the specific weekly assignments noted on the Weekly Outline that follows.

You may choose, now, to make a commitment to yourself to practice the techniques learned in this class over the next eight weeks.

I commit to practice mindfulness, formal and informal, daily (at least 6 days each week) for the next eight weeks, _____(signature) _____ (date).