

## **Appendix 3: Mindful Based Stress Reduction Protocol**

The eight weekly 2-hour MBSR sessions include:

- 1) education about the concept of mindfulness
- 2) instruction in becoming aware of one's breath
- 3) examination of the relationship between perceptions and reality and discussion of ways to creatively respond to perceptions that make life more difficult
- 4) instruction in techniques to help increase awareness of body sensations (e.g., body scan and yoga/mindful movement)
- 5) instruction in techniques intended to help develop a mindful practice (gentle yoga poses, walking meditation, guided meditation)
- 6) education about the concept of being present and living in the moment rather than in the past or future
- 7) discussion of ideas for bringing more pleasant activities into one's life
- 8) discussion of how we can get stuck in old patterns and of ways to break free from habitual patterns in the way we think, act, and react
- 9) understanding stress, how to identify it and how to change how we react to it
- 10) discussion of the connections between stress and pain
- 11) exploration of strategies to cope with life's difficulties
- 12) education about how we communicate and learning ways to respond (and not automatically react) to difficult situations, people, or sensations.

All sessions will include mindfulness exercises and all but the first will include yoga or other forms of mindful movement.

### **Patient Education:**

Packet of information: class outline and instructor contact information, information about mindfulness, meditation, effects of stress on body/emotions/behavior, communications skills; homework assignments, poems, local resources, and a bibliography.

Recordings (CDs or digital recordings) of the mindfulness and yoga techniques.

### **Home Exercise Program:**

Daily home practice: 45min/

Assigned readings for each session and be reviewed in class.

**Retreat (optional):** scheduled between the 6th and 7th classes.

Six-hour period on a Saturday and is held in silence, with only the instructor speaking. This "retreat" will provide participants an opportunity to deepen what they learn in class.