



Mindfulness-Based Stress Reduction Program

Home Practice Manual





Stress Reduction Program

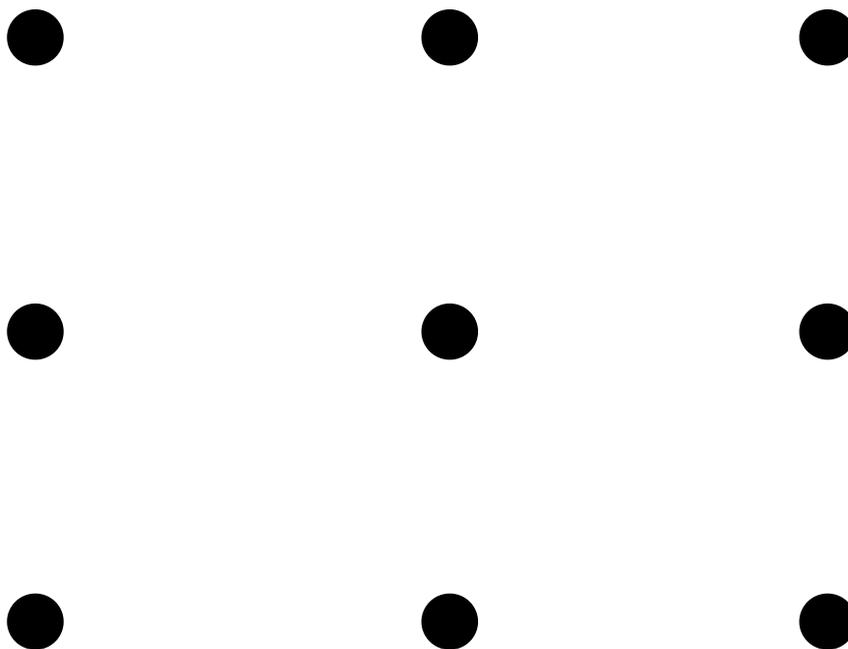
Home Practice Manual

Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.

John Kabat-Zinn, Ph.D

NINE DOTS

Connect up all nine dots with four straight lines - without lifting the pencil off the page - and without retracing over any of the lines.



NOTES

Upstream/Downstream - A Contemporary Fable

It was many years ago that the villagers of Downstream recall spotting the first body in the river. Some old timers remember how spartan were the facilities and procedures for managing that sort of thing. Sometimes, they say, it would take hours to pull 10 people from the river, and even then only a few would survive.

Though the number of victims in the river has increased greatly in recent years, the good folks of Downstream have responded admirably to the challenge. Their rescue system is clearly second to none: most people discovered in the swirling waters are reached within 20 minutes – many less than 10. Only a small number drown each day before help arrives – a big improvement from the way it used to be.

Talk to the people of Downstream and they'll speak with pride about the new hospital by the edge of the water, the flotilla of rescue boats ready for service at a moments notice, the comprehensive health plans for coordinating all the manpower involved, and the large numbers of highly trained and dedicated swimmers always ready to risk their lives to save victims from the raging currents. Sure it costs a lot but, say the Downstreamers, what else can decent people do except to provide whatever is necessary when human lives are at stake.

Oh, a few people in Downstream have raised the question now and again, but most folks show little interest in what's happening Upstream. It seems there's so much to do to help those in the river that nobody's got time to check how all those bodies are getting there in the first place. That's the way things are, sometimes.

Donald Ardell

High Level Wellness: An Alternative to Doctors, Drugs and Disease

Pleasant Events Calendar

What was the experience?	Were you aware of the pleasant feelings <u>while</u> the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				

Adapted from Full Catastrophe Living by John Kabat-Zinn, Ph.D

Pleasant Events Calendar

What was the experience?	Were you aware of the pleasant feelings <u>while</u> the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
FRIDAY				
SATURDAY				
SUNDAY				

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Unpleasant Events Calendar

What was the experience?	Were you aware of the unpleasant feelings <u>while</u> the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				

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Unpleasant Events Calendar

What was the experience?	Were you aware of the unpleasant feelings <u>while</u> the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
FRIDAY				
SATURDAY				
SUNDAY				

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NOTES

Mindful Yoga

Many of us are reluctant to exercise because it involves discomfort or strain, or requires special equipment or others to work out with, or going to a special place to do it. If this has been the case for you, then mindful hatha yoga may be just the practice you have been waiting for.

The word "Yoga" means "yoke" in Sanskrit, and implies a harnessing together and a unifying of body and mind. Yoga is a form of meditation, and when done regularly, is an excellent mind/body discipline for people who wish to move towards greater levels of health.

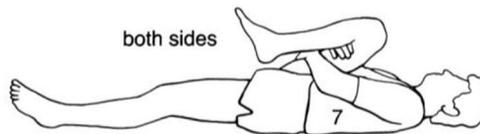
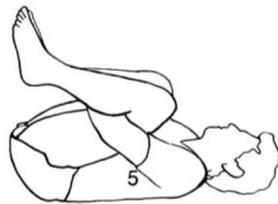
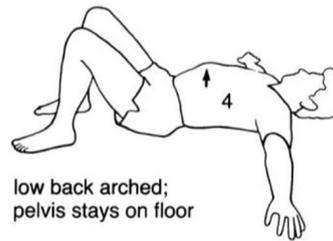
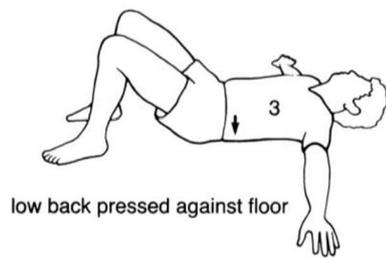
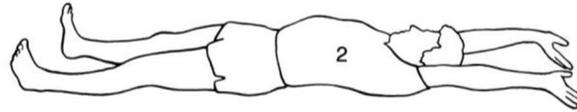
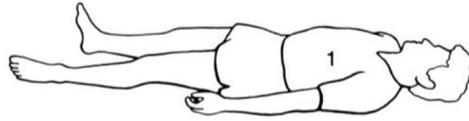
Hatha yoga consists of postures done mindfully and with awareness of breathing. They are easily learned and have dramatic effects if practiced regularly. The ones we are doing are extremely gentle. Regular practice will increase your musculoskeletal flexibility, strength and balance, as well as help you to enter states of deep relaxation and awareness. Many people experience a greater serenity about life in general, improved circulation, a firmer, trimmer figure, and less illness as a result.

In practicing yoga, you are advised to practice in the same way that you do when meditating, namely maintaining moment to moment awareness, and not striving to get somewhere, just allowing yourself to be as you are, and letting go of any judgement of yourself. Move slowly and consciously. Mindful yoga involves exploring your limits but not pushing beyond them. Instead, you play with dwelling at the boundary and breathe. This requires honoring your body and the "messages" it gives you about when to stop and when to avoid doing a posture because of a particular condition.

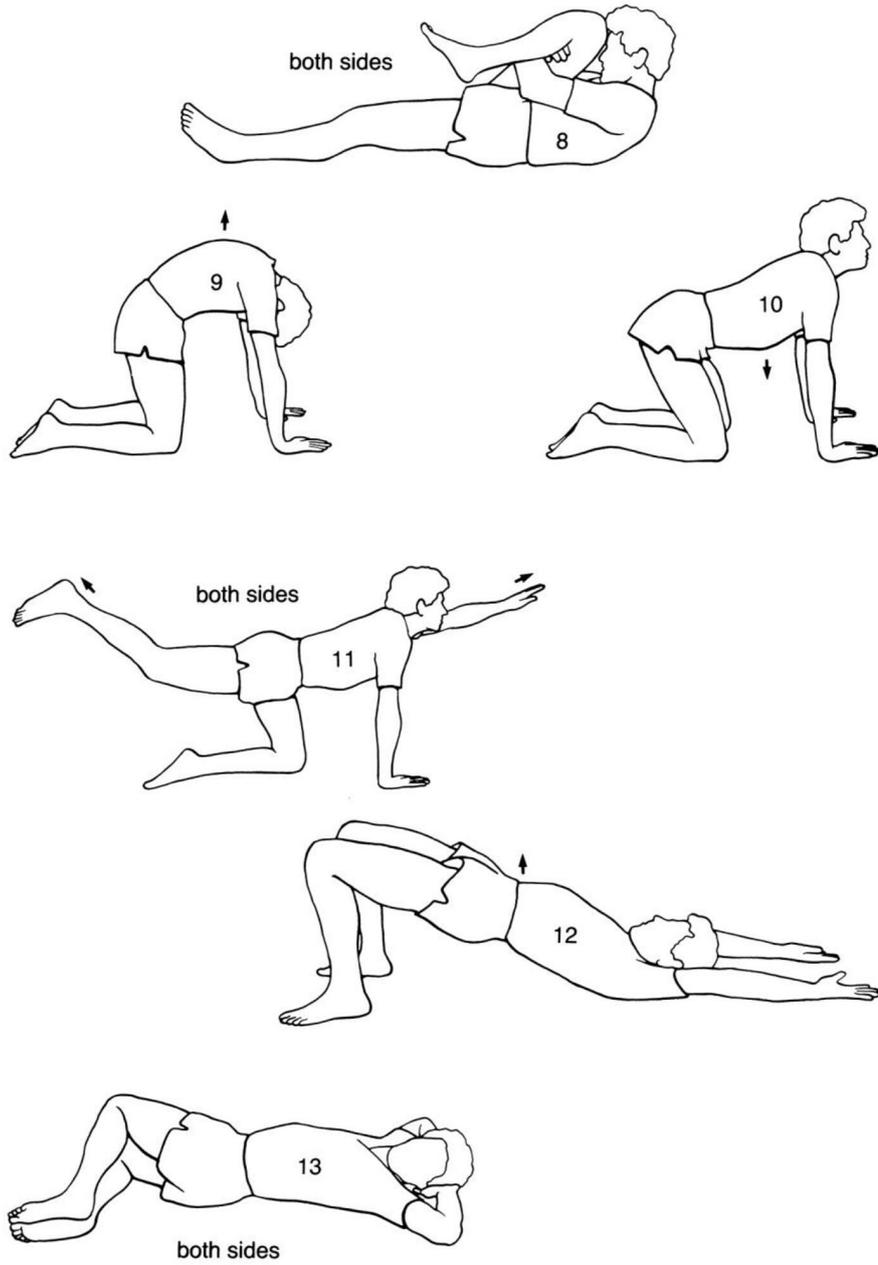
Yoga requires no special equipment and can be done almost anywhere. You can learn it from the Stress Reduction Program discs and then go on to invent your own postures, and get other ideas from yoga books or from classes. Experiment mindfully.

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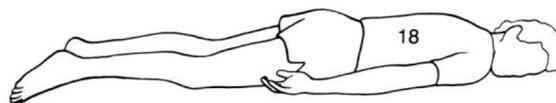
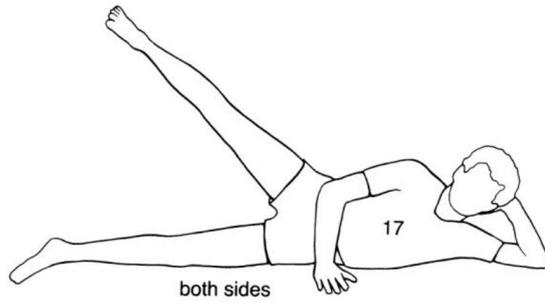
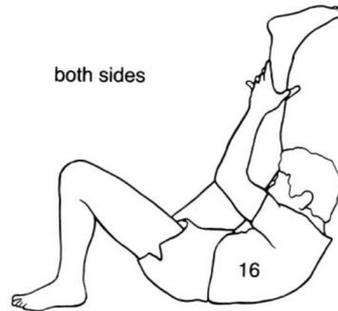
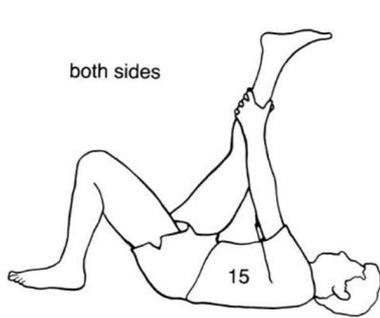
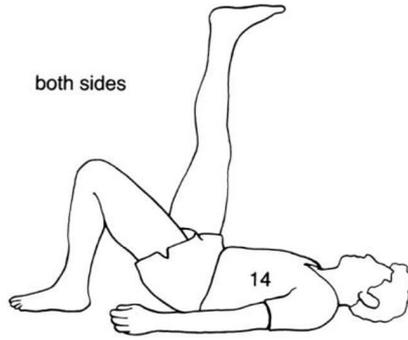
SEQUENCE OF LYING DOWN YOGA POSTURES



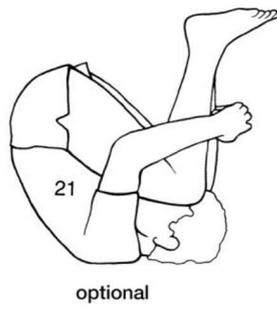
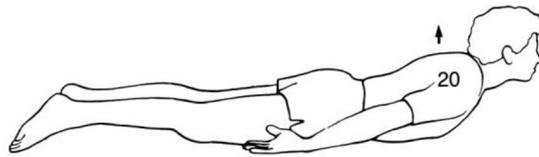
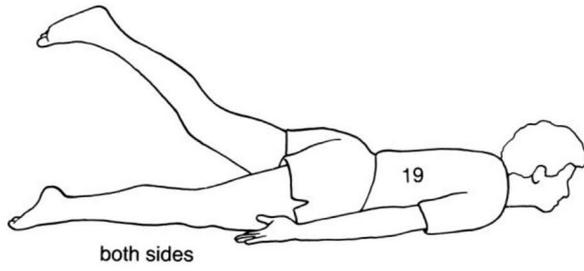
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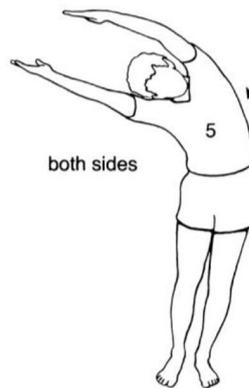
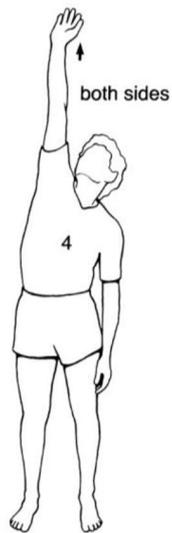
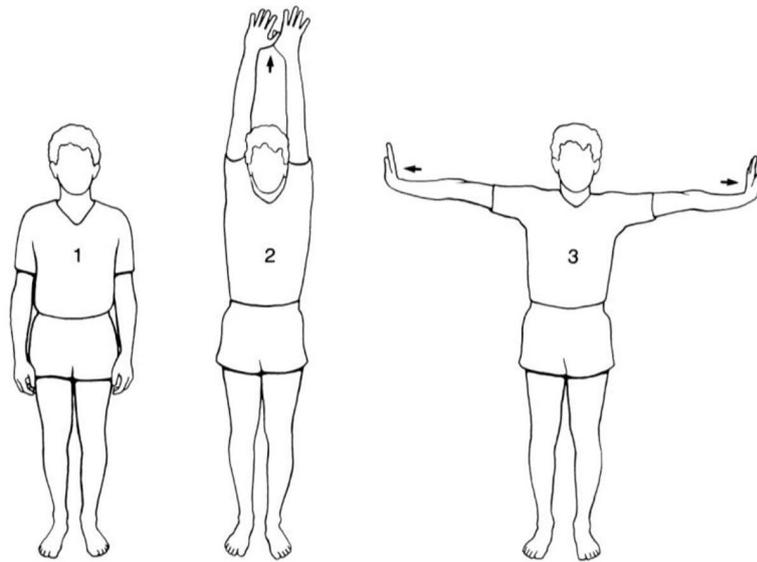


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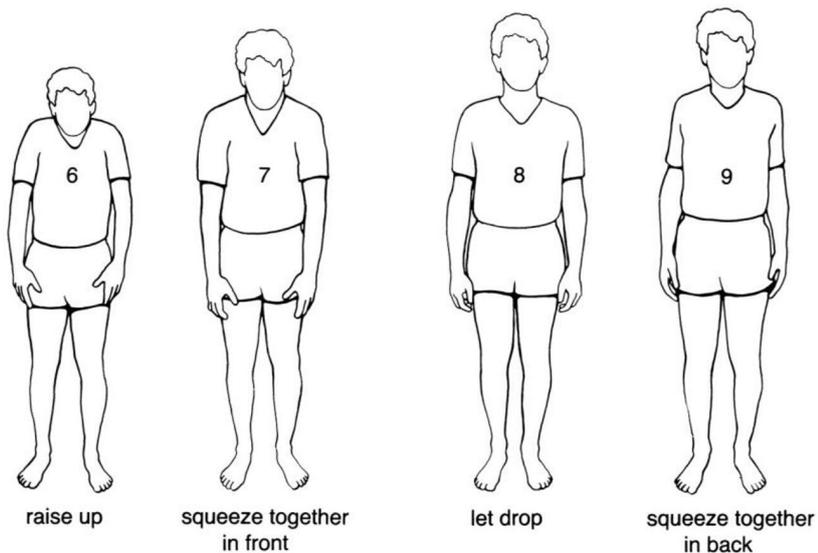
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SEQUENCE OF STANDING YOGA POSTURES

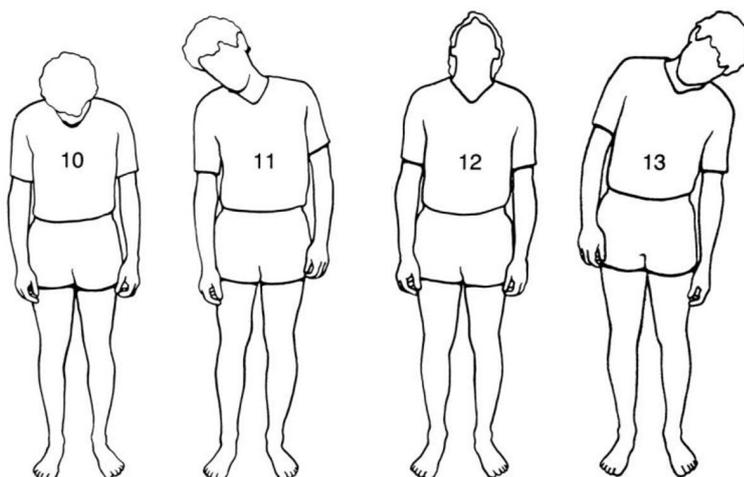


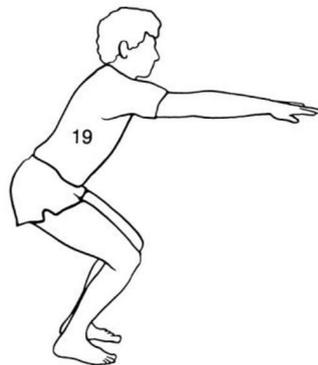
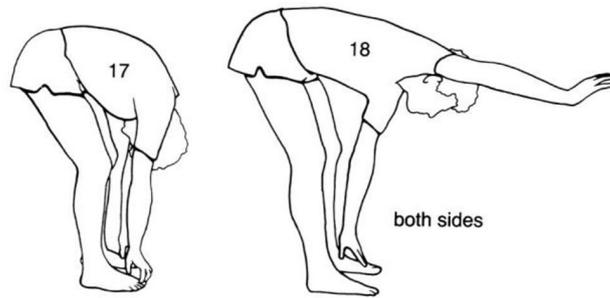
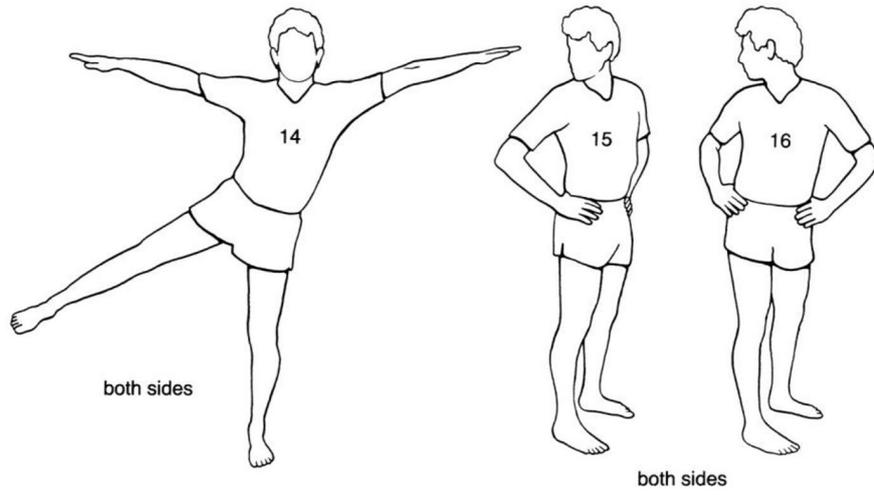
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shoulder rolls: do in forward, then backward directions

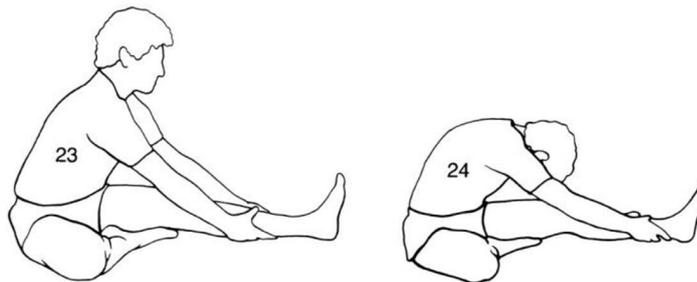
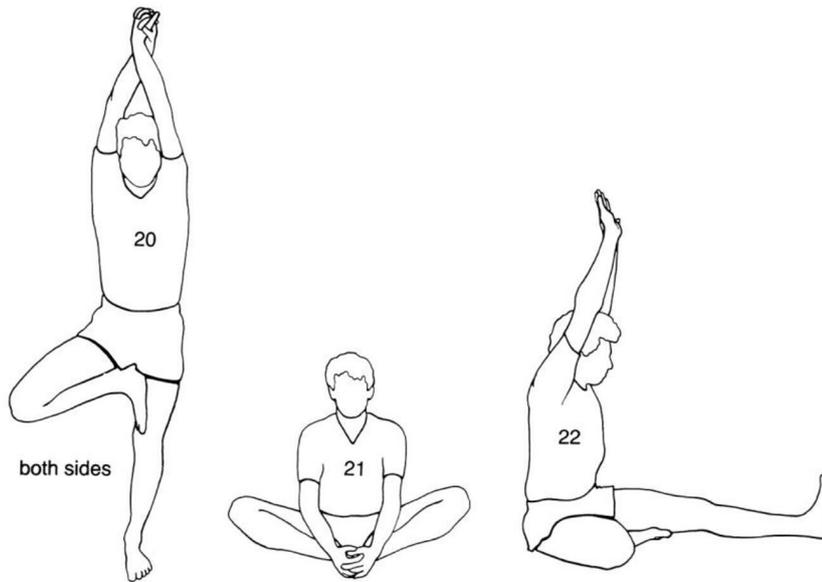


neck rolls: do in one direction, then the other





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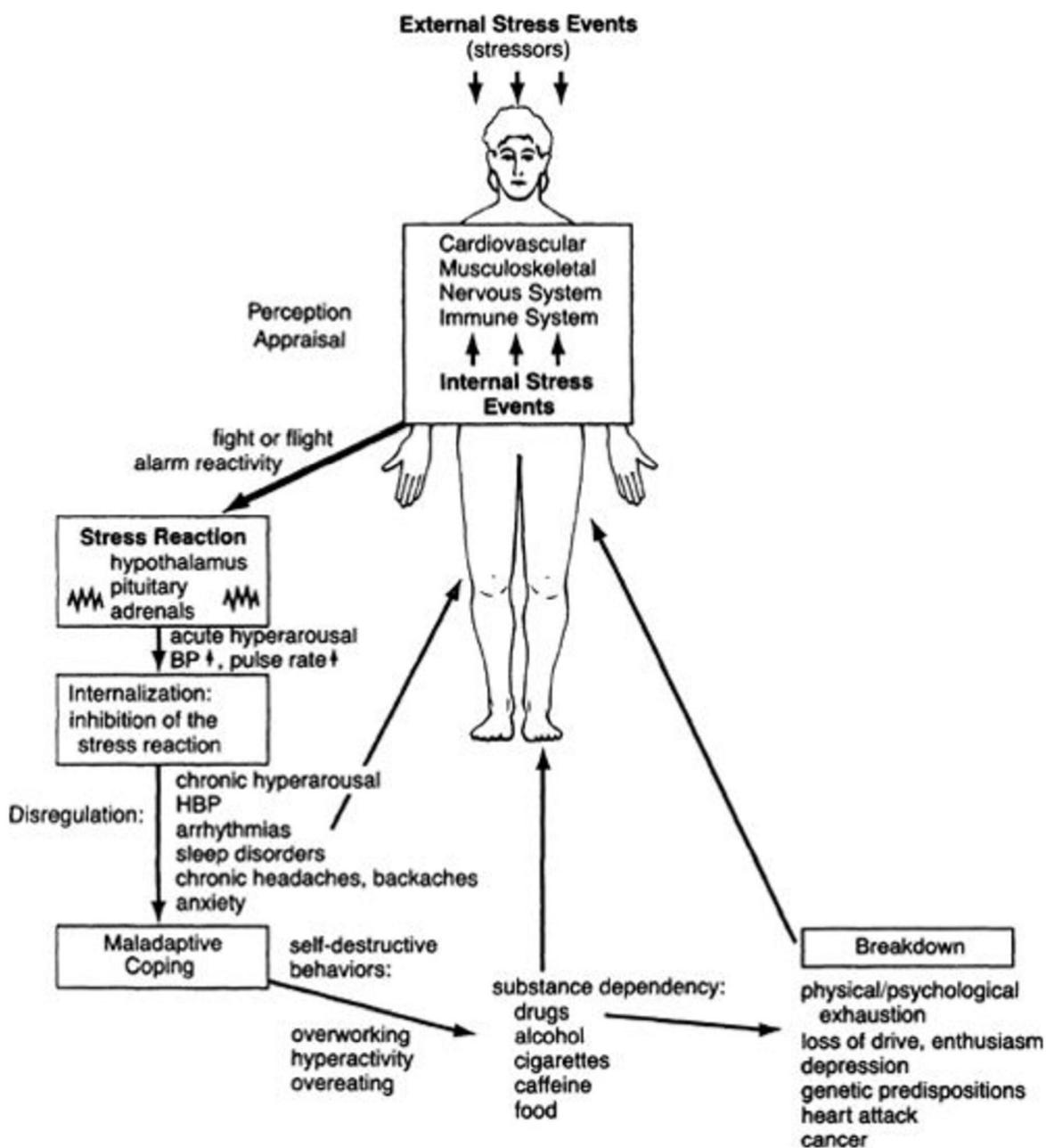


repeat 22 to 24 on other side

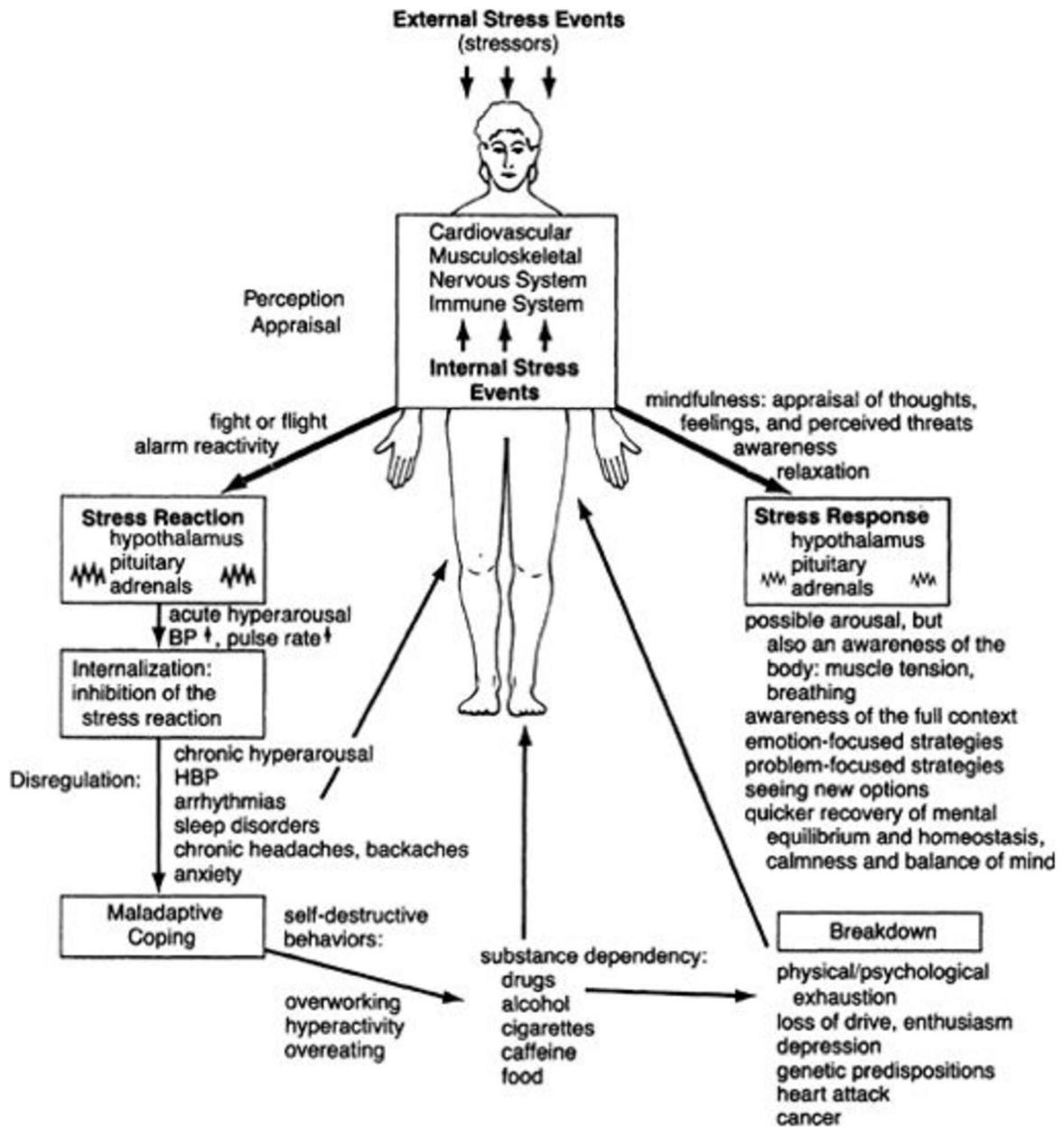


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THE STRESS REACTION CYCLE



COPING WITH STRESS: RESPONDING VS REACTING



Communication Calendar

Describe the communication. With whom? Subject?	How did the difficulty come about?	What did you really want from the person or situation? What did you actually get?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time?
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