

## Introduction to Mindfulness Group Session 4

### Topics for discussion in Session 4

- Strategies for taking a mindful pause to step out of autopilot in everyday life like the Three Minute Breathing space (aka 3 step breathing space) and the STOPP skill
- Strategies to bring mindful awareness to thoughts, linking back to material from week 3 in CBT skills course

### Practices we will do in session

- The 3 step breathing space
- Mindfulness practice sampling various anchors for awareness (sight, sound, body, breath) bringing awareness to thoughts as they arise
- Possibly mindful listening and speaking or another small group exercise

### Optional supplementary reading and videos

- Review chapter 3 of CBT skills workbook
- See description below of breathing space
- Possible acronyms to remember breathing space steps:
  - SOAR (stop, observe, anchor, respond),
  - AGE (awareness, gathering, expanding) or
  - SOBER (stop, observe, breathe, expand, respond)
- Headspace 1 min cartoon on changing perspective with mindfulness  
<https://youtu.be/iN6g2mr0p3Q>
- Tara Brach talk (1 hour 7 min) on mindfulness of thoughts  
<https://www.tarabrach.com/part-3-mindfulness-of-thoughts-introductory-series/>

### Week 4 suggested home practice

**Informal practice:** try taking mindful pauses intermittently through your day, stepping out of autopilot and bringing awareness to your experience right now in the moment. This is an opportunity to practice mindfulness of thoughts. You may wish to link this to something you encounter regularly each day to help you remember to practice (eg, meal times, using the washroom, regular transition times in your day etc) or set a reminder on your phone to cue you. You can use the three step breathing space or STOPP skill format if you like.

**Formal practice:** Try some formal practice once or twice daily. You can choose from any of the practices we have tried so far. While you practice try to notice thoughts as they arise and try to acknowledge their presence with a gentle noting in the mind (this could be the with the general noting “thinking, thinking” or more specific noting like “planning”, “remembering” etc). (eg. See the links below for audio tracks, **bolded practices are more specific to this week’s focus**. Please exercise care with limitations and areas of injury or pain with any movement practices)

<http://franticworld.com/free-meditations-from-mindfulness/>

- **8 min sounds and thoughts meditations**

- **3 min breathing space**
- 9 min befriending meditation
- 4 min chocolate meditation
- 14 min body scan
- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- **3 min breathing space**
- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- **3 min breathing space and 3 min responsive breathing space**
- 15 min loving kindness meditation
- 10 min soles of the feet practice
- 10 min outdoor walking meditation
- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- 9 min loving kindness meditation
- 3 min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<http://www.sharingmindfulness.com/audio/>

- 10 and 20 min loving kindness practices
- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://www.tarabrach.com/walking-meditation-instructions-pdf-from-tara-2/>

- Walking meditation handout and 6 min audio

<https://jackkornfield.com/walking-meditation-2/>

- Walking meditation written instructions and 5 min audio

<https://jackkornfield.com/loving-kindness-meditation/>

- 12 min loving kindness meditation

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- 6-20 min loving kindness meditations
- 20-45 min seated meditations
- 10-45 min body scans
- 35-52 min mindful movement practice

Breathr free app (<https://kelymentalhealth.ca/breathr>)

- **3 min SOBER coping space**

- 5 min mindfulness of thinking
- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting
- 5 min walking
- 5 min loving kindness
- 5 min kindness and self compassion

**Notes:**

## Three Minute Breathing Space



This is an exercise that you can do almost anywhere, anytime because it is very brief and quite simple. It can be used as a regular practice, in the midst of a stressful situation, or if you are upset about something. It can help you step out of 'automatic pilot,' become less reactive, and more aware and mindful in your response.

### Awareness

- Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes.
- Observe your experience right now, noting your body sensations, your thoughts, and any emotions that are present. Acknowledge and register what is happening for you, even if it is unwanted.

### Gathering

- After a few minutes, gently redirect your attention from these thoughts to fully focus on your breathing, noticing each in breath and each outbreath as they occur, one after the other.
- Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

### Expanding

- Expand the field of your awareness to include the rest of your body, your experience, and the situation, seeing if you can gently hold it all in awareness.
- After reconnecting with the present moment in this way, you may notice an increased capacity for responding effectively; with awareness of what is truly needed in the situation and how you can best take care of yourself.

Adapted from Segal, Z. V., Williams, J. M. G., Teasdale, J. D., *Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse*, New York: Guilford Press, 2002, 351 pp.