

Introduction to Mindfulness Group Session 5

Topics for discussion in Session 5

- Strategies for bringing compassion to moments of difficulty in everyday life with the self-compassion break and supportive touch
- Strategies to bring mindful awareness to emotions linking back to material from CBT skills course

Practices we will do in session

- Supportive touch and self-compassion break
- Mindfulness practice sampling various anchors for awareness (sight, sound, body, breath) including mindfulness of emotions
- Possibly mindful listening and speaking or another small group exercise

Optional supplementary reading and videos

- You may wish to revisit pages 13-17, 42-45, 114-126, 154-156 of CBT skills workbook
- Kristin Neff talks on self-compassion <https://self-compassion.org/videos/>
- Tara Brach talk (1 hour 14 min including some practice time) on mindfulness of emotions <https://www.tarabrach.com/part-2-mindfulness-of-emotions-introductory-series/>

Week 5 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 include mindfulness of emotions in everyday life. If it feels helpful to you, you may like to use the format of the three step breathing space, STOPP skill, or if there is obvious difficulty in the moment, the self-compassion break with supportive touch.

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 emotions as they arise and try to acknowledge their presence with a gentle label and bring curiosity and kindness to noticing the accompanying sensations in the body. See the links below for audio tracks, **bolded practices are more specific to this week's focus**, and please exercise care with limitations and areas of injury or pain with any movement practices

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

- **self-compassion break, different versions 5-12min**
- **soothing touch skill pdf**
- **10 and 20 min labeling emotions meditation 10 and 20**
- **11 min mindfulness of emotions in the body**

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

- **9 and 18 min supportive touch and self-compassion break**
- 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.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

<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 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/>)

- **10 min self-compassion break**
- **10 min soothing touch**
- **10 min awareness of sounds, thoughts, emotions**
- **30 min breath, body, sounds, thoughts, emotions**
- 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

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

- **2 min self compassion break**
- 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
- 3 min SOBER coping space
- 5 min mindfulness of thinking

Notes: