

These slides are for participants in MBCCT through the CBT Skills Society only

DO NOT DISTRIBUTE THESE SLIDES

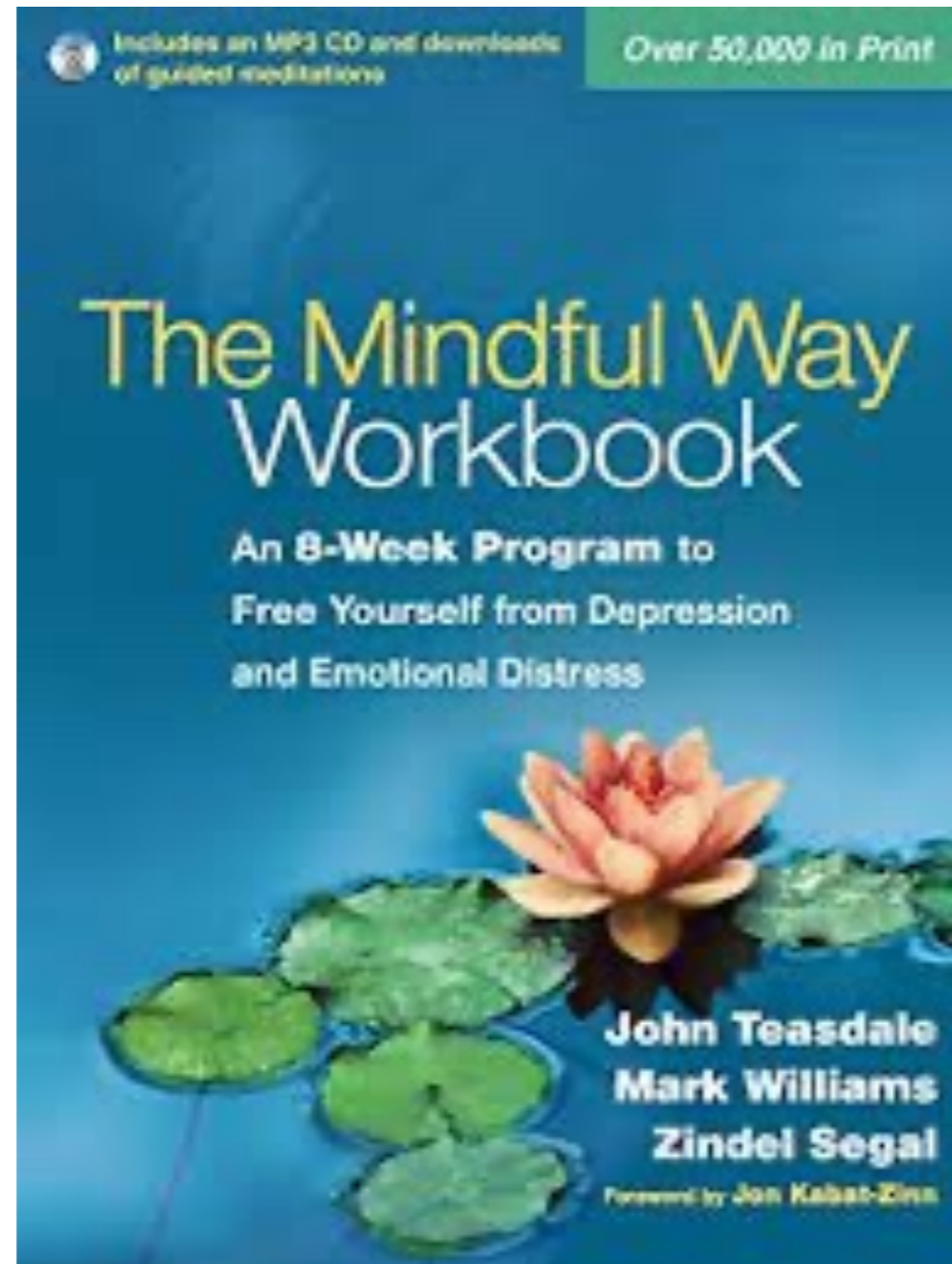
Please note that not all slides will be covered. Any additional slides can be considered a supplementary resource

Thank you



MBCCT Session 1: Awareness and Automatic Pilot

Workbook



Am I in the “right” place?

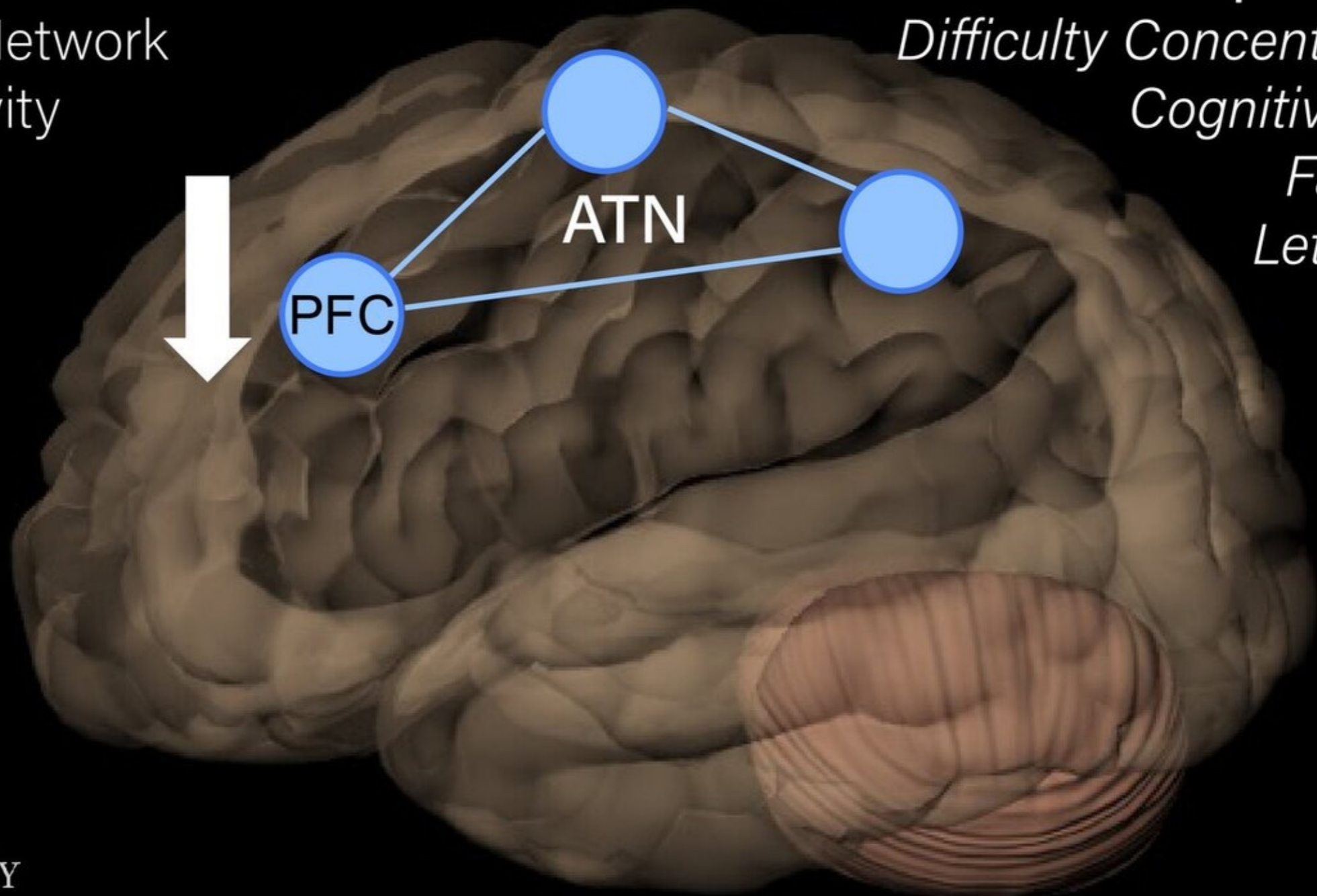
Areas MBCT addresses in addition to preventing depressive relapse:

- Turning off my mind
- Thinking too much
- Being caught in my mind
- Taking things too personally
- Being a perfectionist
- Finding more energy
- Setting limits in my relationships

The Depressed Brain

Reduced and Compromised
Attention Network
(**ATN**) activity

Cognitive Symptoms
of Depression:
Difficulty Concentrating
Cognitive Fog
Fatigue
Lethargy



Default Mode Network

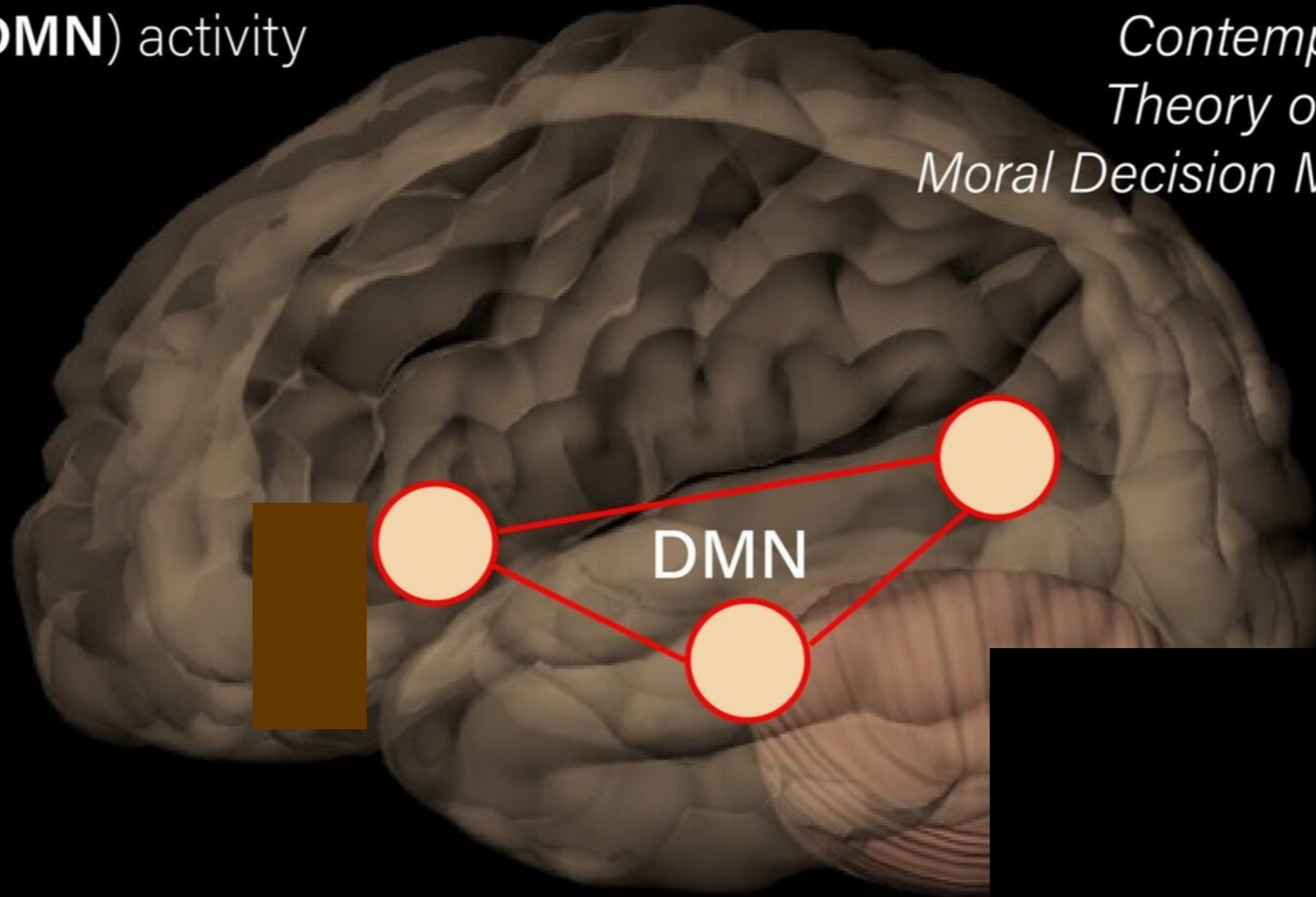
Normal

Default Mode
Network (**DMN**) activity

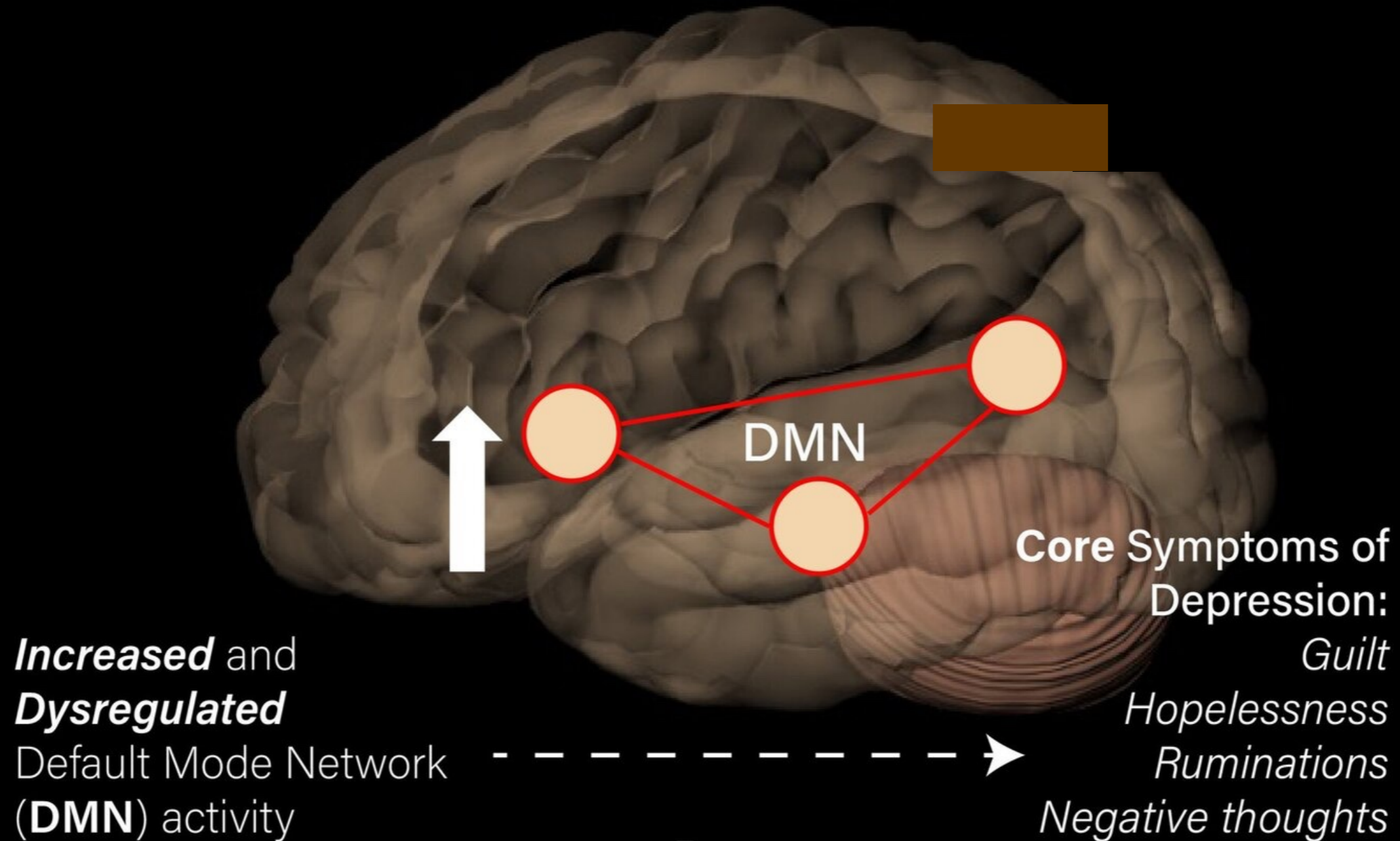


Important Functions

Mind-Wandering
Contemplating
Theory of Mind
Moral Decision Making



The Depressed Brain



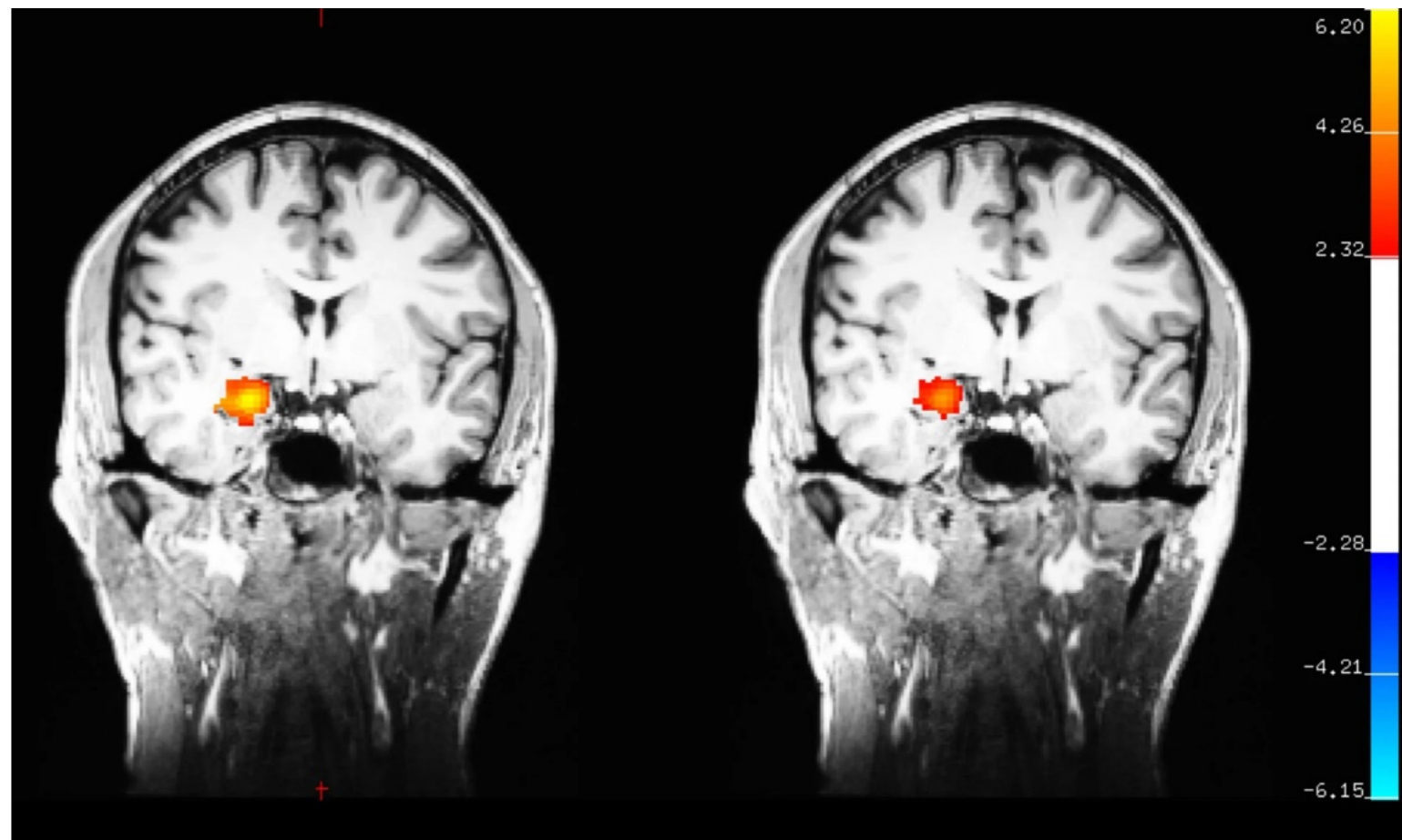
Mindfulness Changes the Brain

Changes connections and size/thickness of certain parts

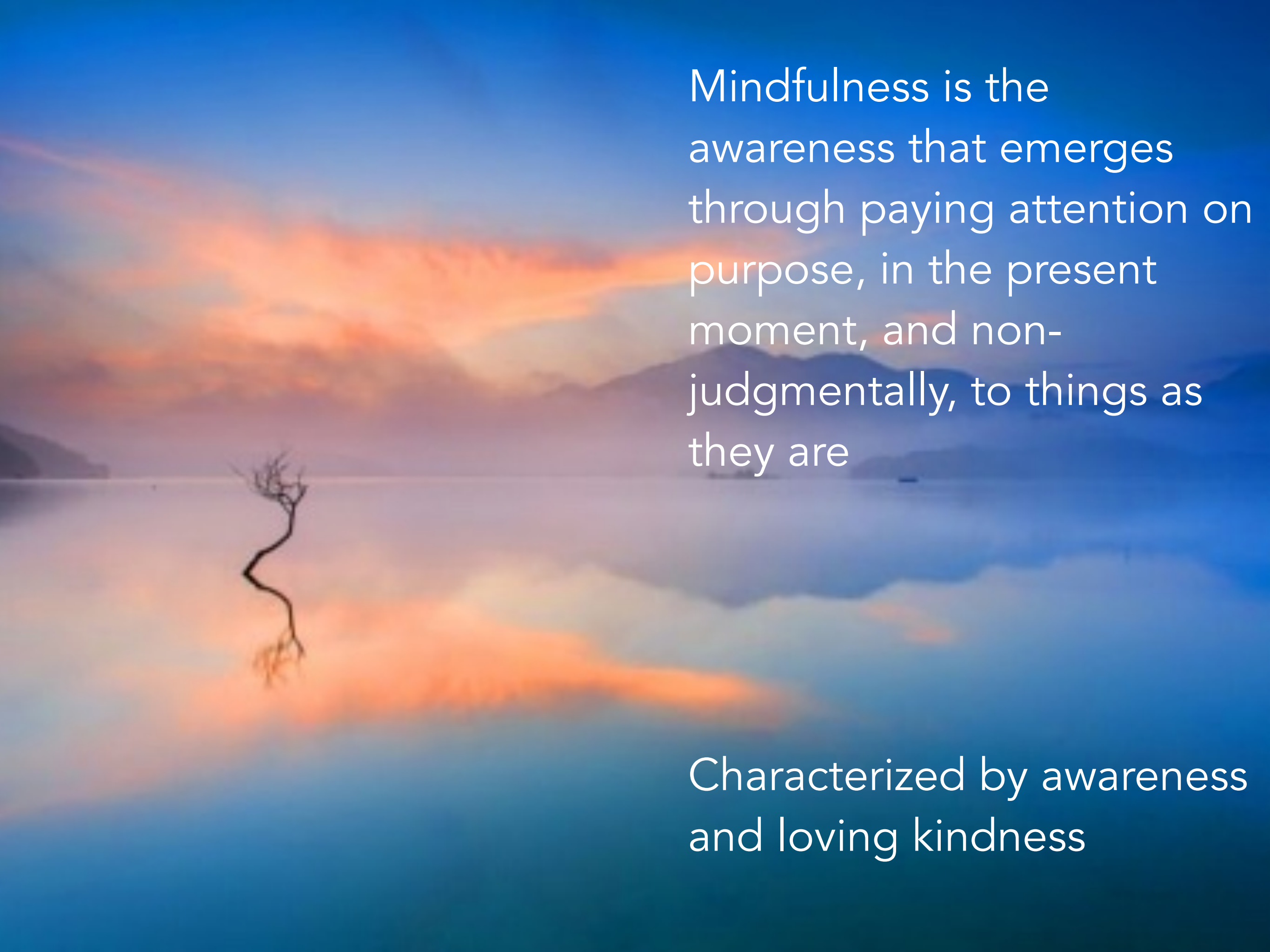
Can **disengage from negative thoughts** more quickly

Better working memory

Less emotional reactivity



After 8 weeks of meditation, **less activity in the amygdala** (before - L, after - R)

A serene landscape at sunset or sunrise. The sky is a mix of deep blue, orange, and yellow, with soft clouds. The water is calm, reflecting the colors of the sky. In the foreground on the left, there is a single, gnarled, leafless tree. In the distance, there are low mountains or hills. The overall mood is peaceful and contemplative.

Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally, to things as they are

Characterized by awareness and loving kindness

Goal is not perfect peaceful
moment



Automatic Pilot



What would you choose for each activity? Autopilot or Mindful

Eating your favorite dessert?

Remembering your child's name?

Moving out of the way of a speeding car?

Receiving an award at work?

Multiplying 8×7 ?

Watching a great movie?

Slippery Slope of Automatic Pilot



Taking the bus on the way home from work, lost in thought about a stressful incident



Get angry with someone you live with at home and immediately regret it



Feeling tension in the head, neck and shoulders



Coming home from work in a grumpy mood

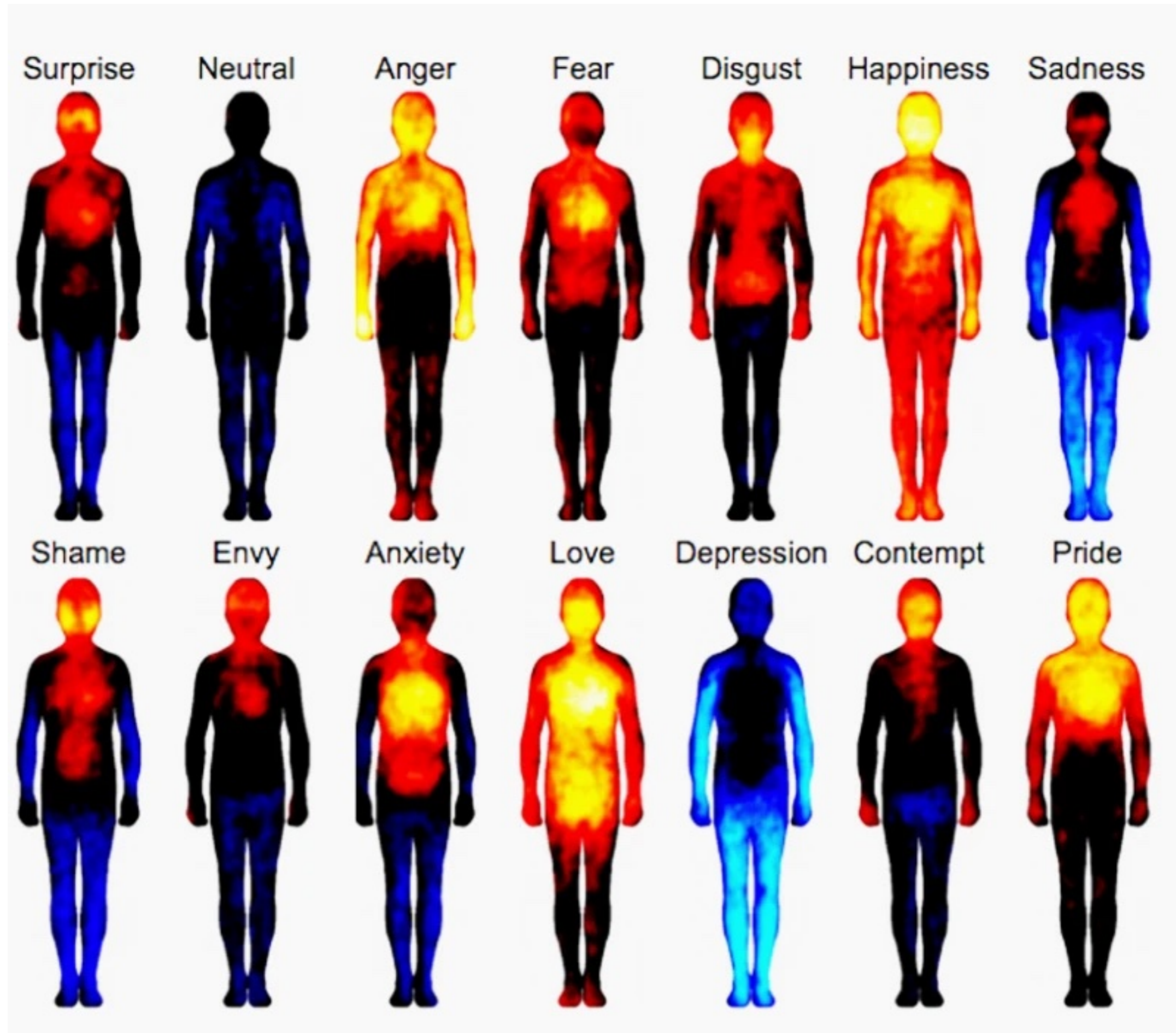
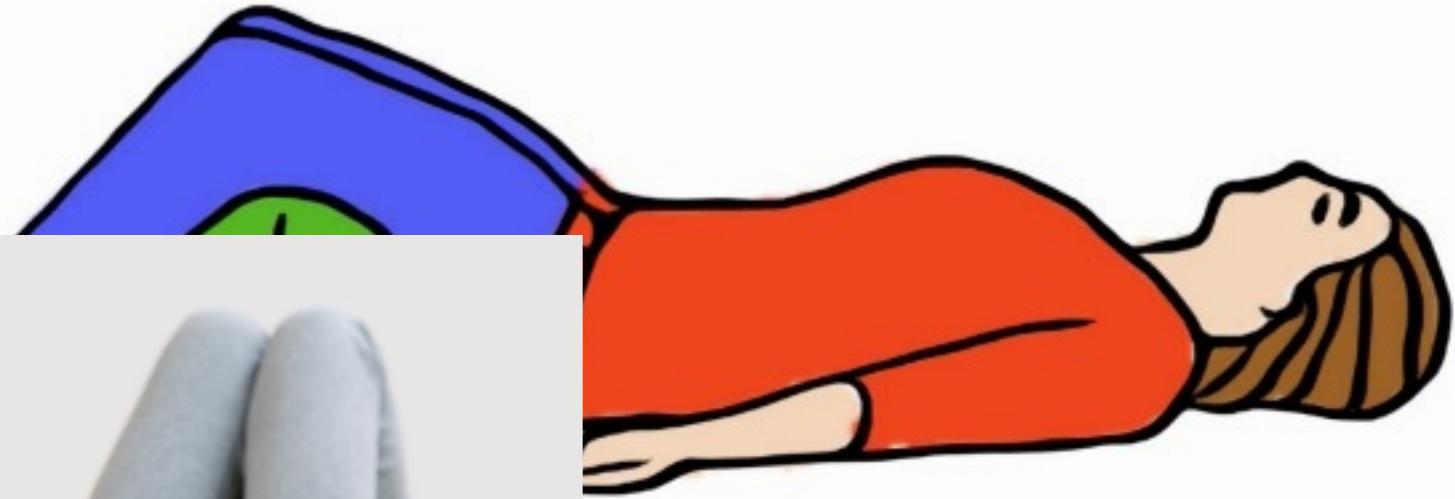
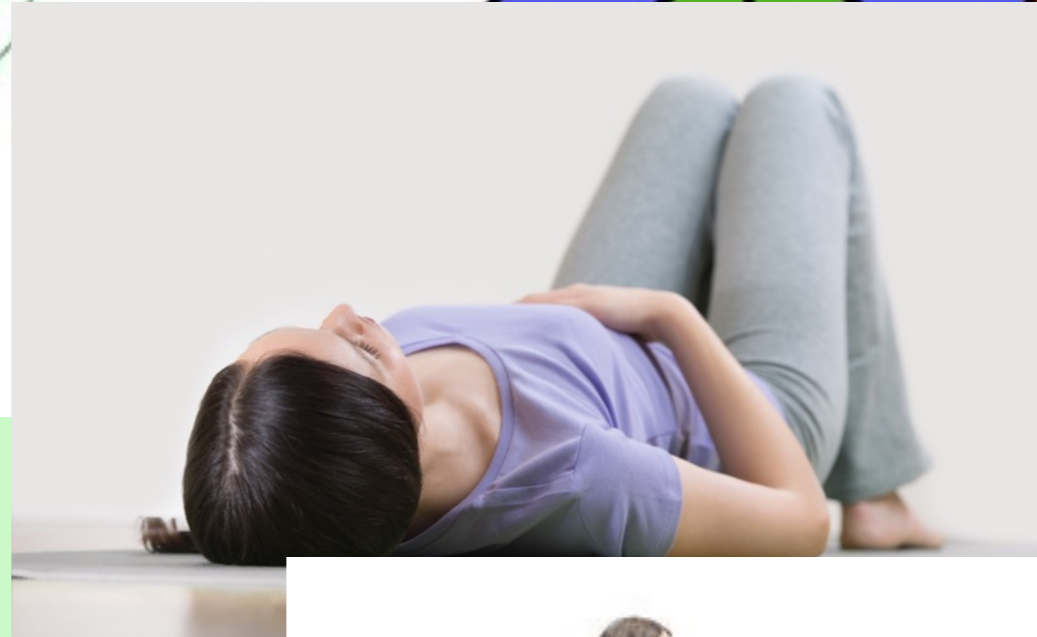


Image: Nummenmaa L, Glerean E, Hari R and Hietanen JK: Bodily maps of emotions. PNAS 2014, 111: 646–651

Training the Mind is Like Training a Curious, Wandering Puppy



Body Scan Positions



Cushion on Chair



Cushion Behind Back

Other considerations

- Blankets
- Socks
- Location
- Making movements
- Dealing with uncomfortable sensations

Home Practice

1. Practice the body scan 6 of 7 days
2. Consider journaling to deepen the practice
3. Choose one routine activity in your daily life and make a deliberate effort to bring moment-to-moment awareness to that activity each time you do it. ***Knowing what you are doing as you are actually doing it***
4. Eat at least one meal "mindfully" in the way that you ate the raisin
5. ***Good for Me's!***

Everyday Mindfulness

- | | | |
|--------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Washing the dishes | <ul style="list-style-type: none">• Taking a bath | <ul style="list-style-type: none">• Going upstairs |
| <ul style="list-style-type: none">• Loading the dishwasher | <ul style="list-style-type: none">• Doing the laundry | <ul style="list-style-type: none">• Going downstairs |
| <ul style="list-style-type: none">• Taking out the garbage | <ul style="list-style-type: none">• Driving your car | <ul style="list-style-type: none">• Answering the phone |
| <ul style="list-style-type: none">• Brushing your teeth | <ul style="list-style-type: none">• Leaving the house | <ul style="list-style-type: none">• Turning on your computer |
| <ul style="list-style-type: none">• Taking a shower | <ul style="list-style-type: none">• Entering the house | |

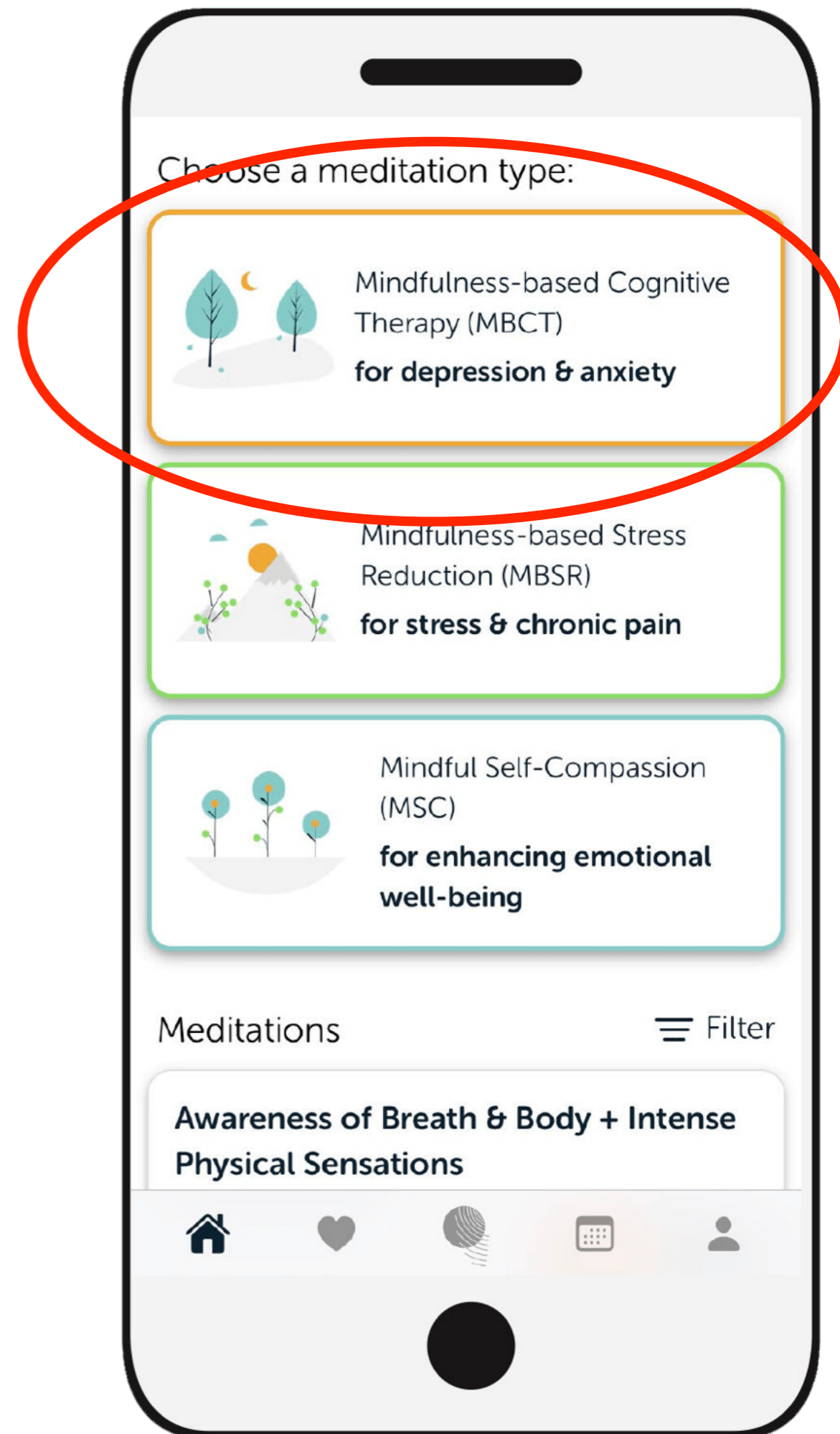
MBCCT Specific Resources

- Handout
- Audio: www.guilford.com/MBCCT_audio
- Free App - Center for Mindfulness Studies
- The Mindful Way Workbook by Teasdale, Williams and Segal

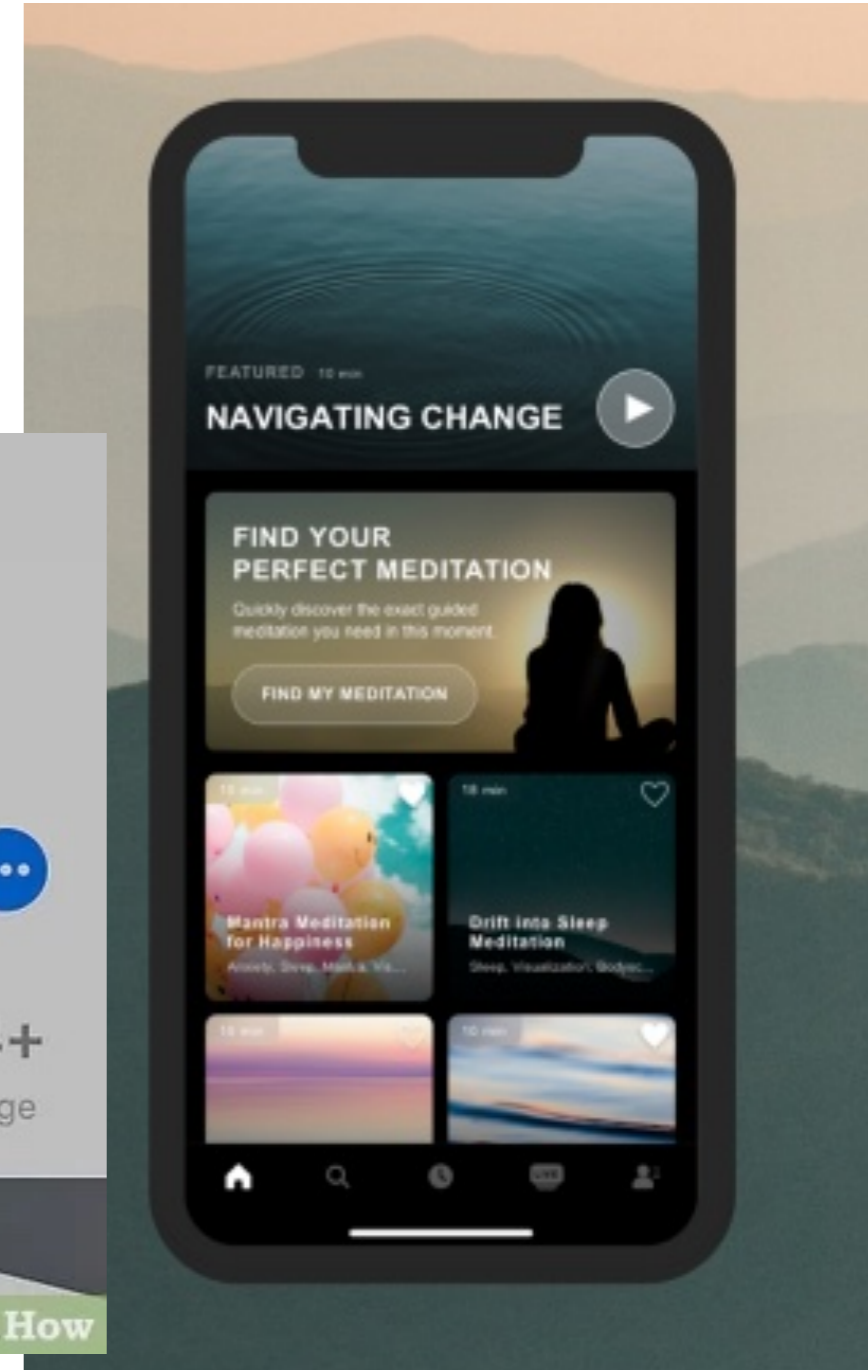
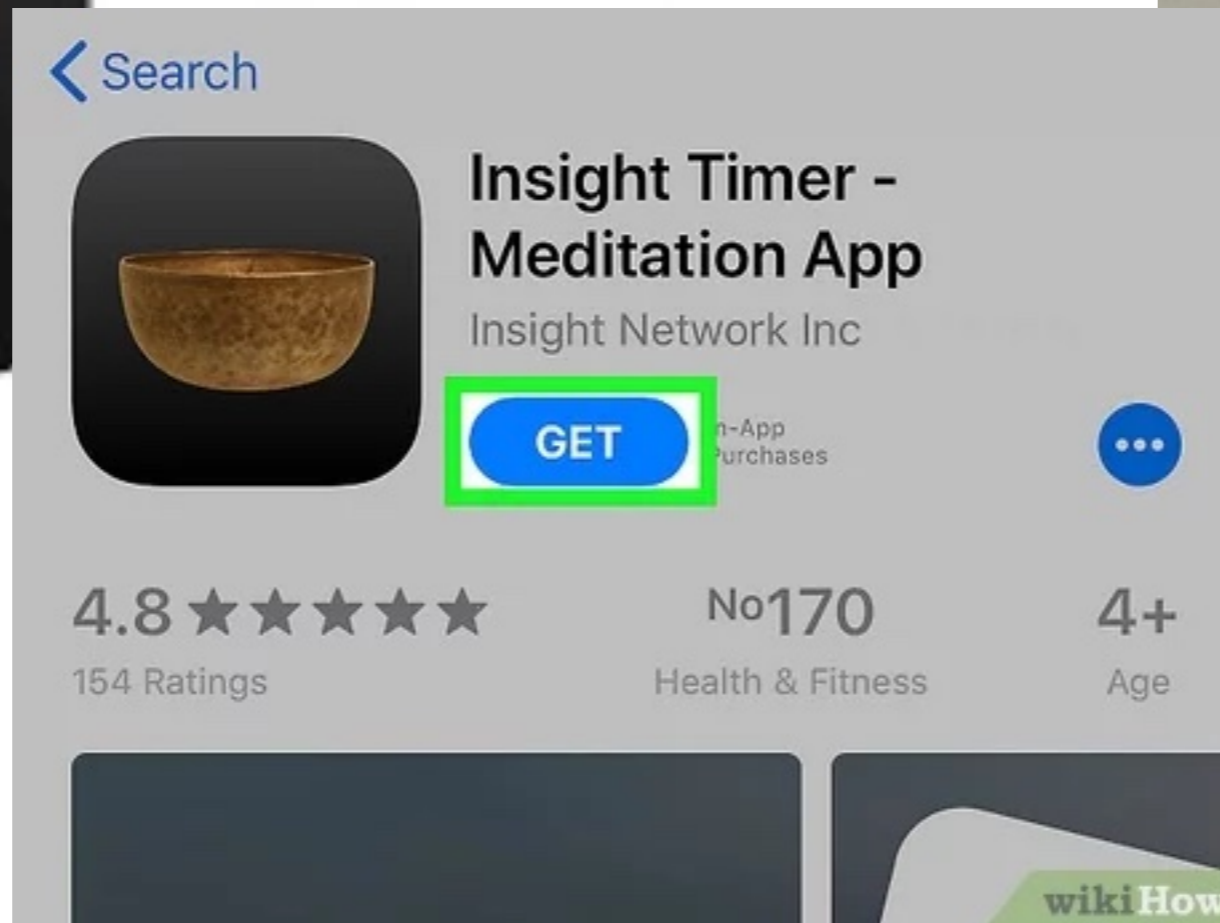


CENTRE FOR
Mindfulness
Studies

Free



Insight Timer Free content



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankl, Austrian neurologist, psychologist and Holocaust survivor



MBCT Session 2: Living in our Heads

Agenda

- Body Scan
- Home Practice and Discussion
- Thoughts and Feelings Exercise
- Pleasant Experiences Calendar
- Mindfulness of Breath Sitting Meditation (optional)
- Break out Room
- Home Practice Suggestion

Mindfulness meditation is **not** about clearing the mind or stopping mind wandering -

“If your mind wanders a thousand times, then simply bring it back a thousand times”



Training the Spotlight of Attention



“Hinderances” to Clarity

Wanting/Craving/Grasping

Aversion/Not wanting

Restlessness/Agitation

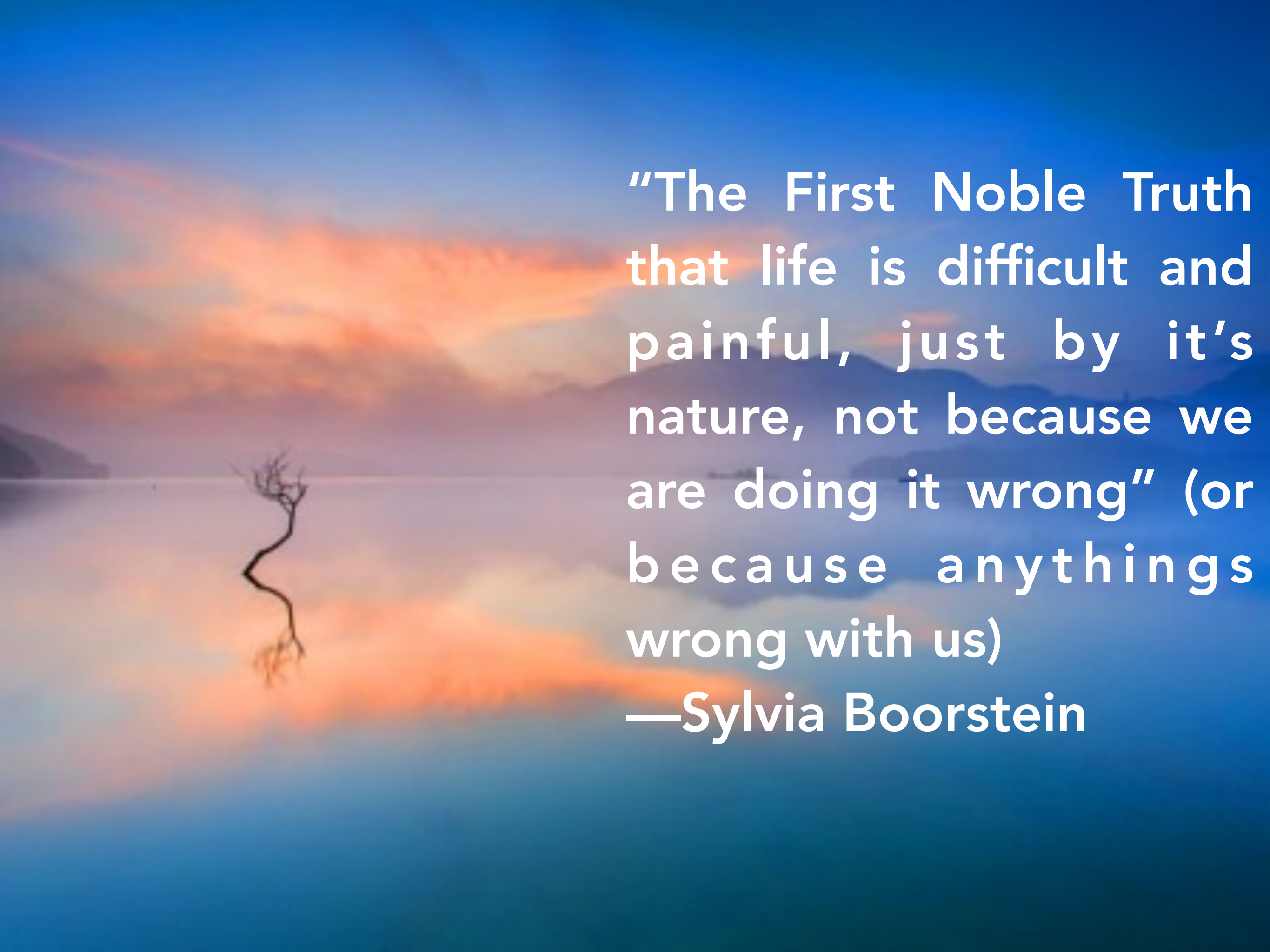
Sloth and Torpor - Sleepy dullness

Doubt/Confusion

Working with the Hinderances

- Noting
- How does they change? Notice **impermanence**
- What does it feel like in the body? In the mind?
- Explore without judgment and with curiosity
- ***What do desire/aversion feel like?*** (Not "why am I feeling it") Spend time ***feeling the nature of desire/aversion itself***

Body Scan



**“The First Noble Truth
that life is difficult and
painful, just by it’s
nature, not because we
are doing it wrong” (or
because anythings
wrong with us)**

—Sylvia Boorstein

Living in Our Heads

Reasons for the Body Scan

- Thinking and memory (**DOING mode**), can take us a long way from our present experience
- Relate to experience through “a **veil of thought**”
- **Directly** sensing the body, **experientially** (BEING mode), **weakens the chatter of the mind**



CoolClips.com

http://clipart.coolclips.com/480/vectors/tf05207/CoolClips_vc022802.png

Walking Down the Street



TRIGGER

Friend didn't notice you



My friend didn't notice me
What did I do? I must have done
something wrong

thoughts



feelings
sensations,
emotions

behaviours

Avoidance, withdrawal

Sadness, loneliness

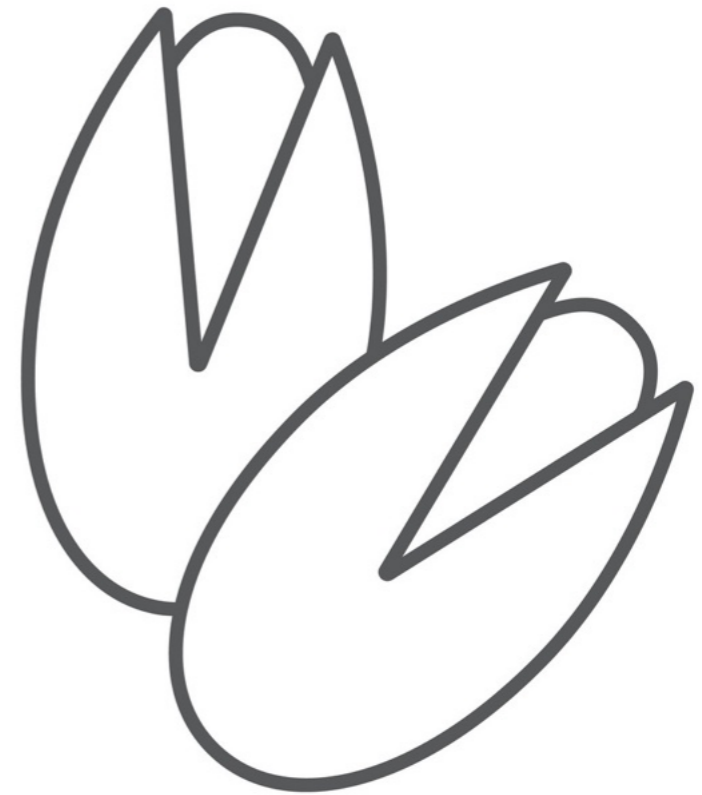


CONSEQUENCES

Increased isolation

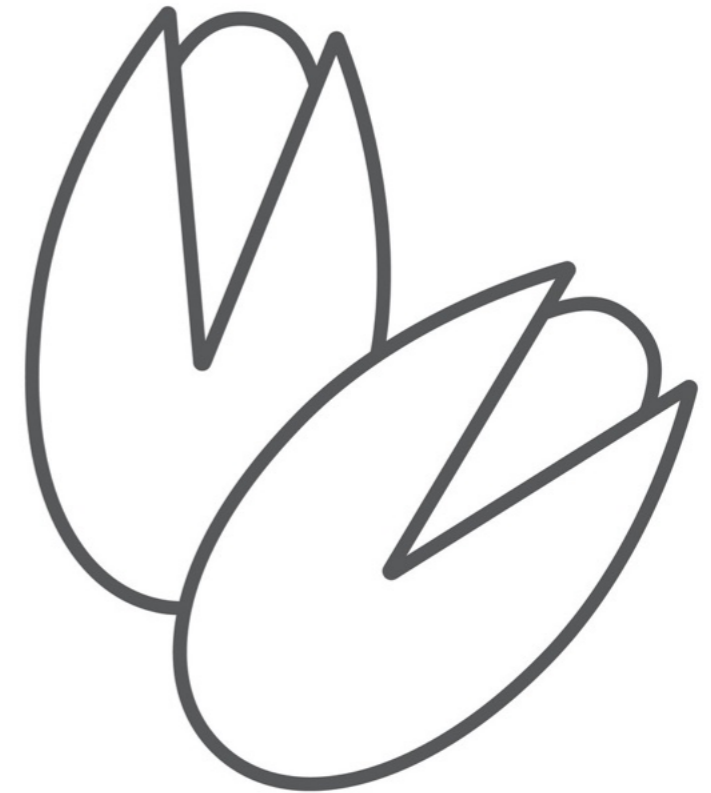
Thoughts are a “kernel of truth” surrounded by a “shell of interpretation”

Real but not true



Thought Shells are Influenced by:

1. Current Feeling and Physical States
2. The past - habits of thinking
3. Negativity bias
4. Non-present moment focus

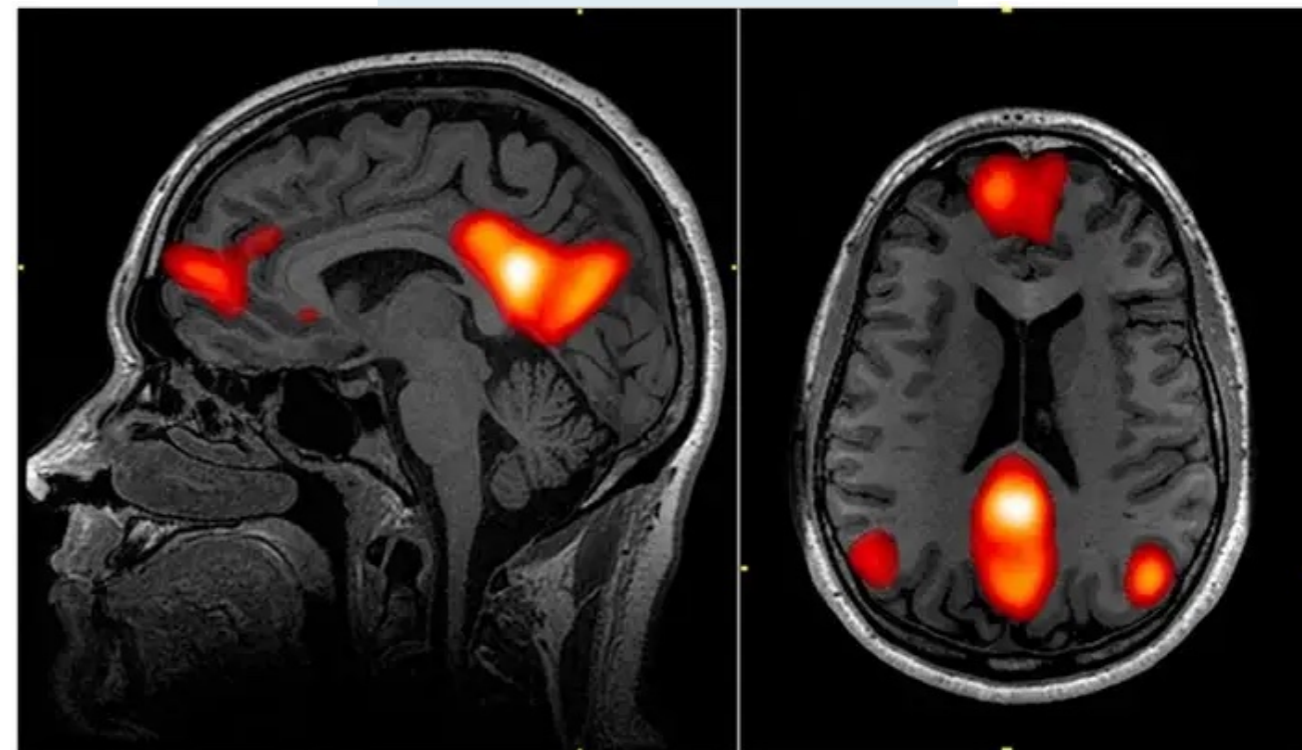
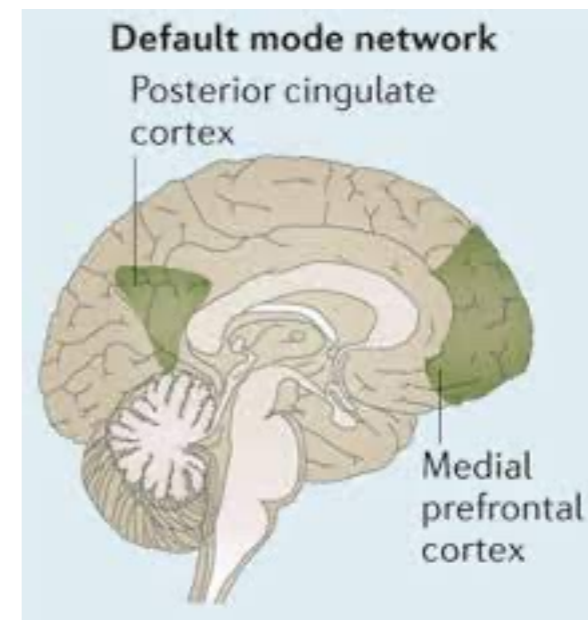


Mind full vs Mindful



Default Mode Network

- Responsible for **mind wandering** and **self related thinking**
- Why did they look at me?
What is wrong with me?
What should I say next time?
- More active in depression and anxiety



Pleasant Events

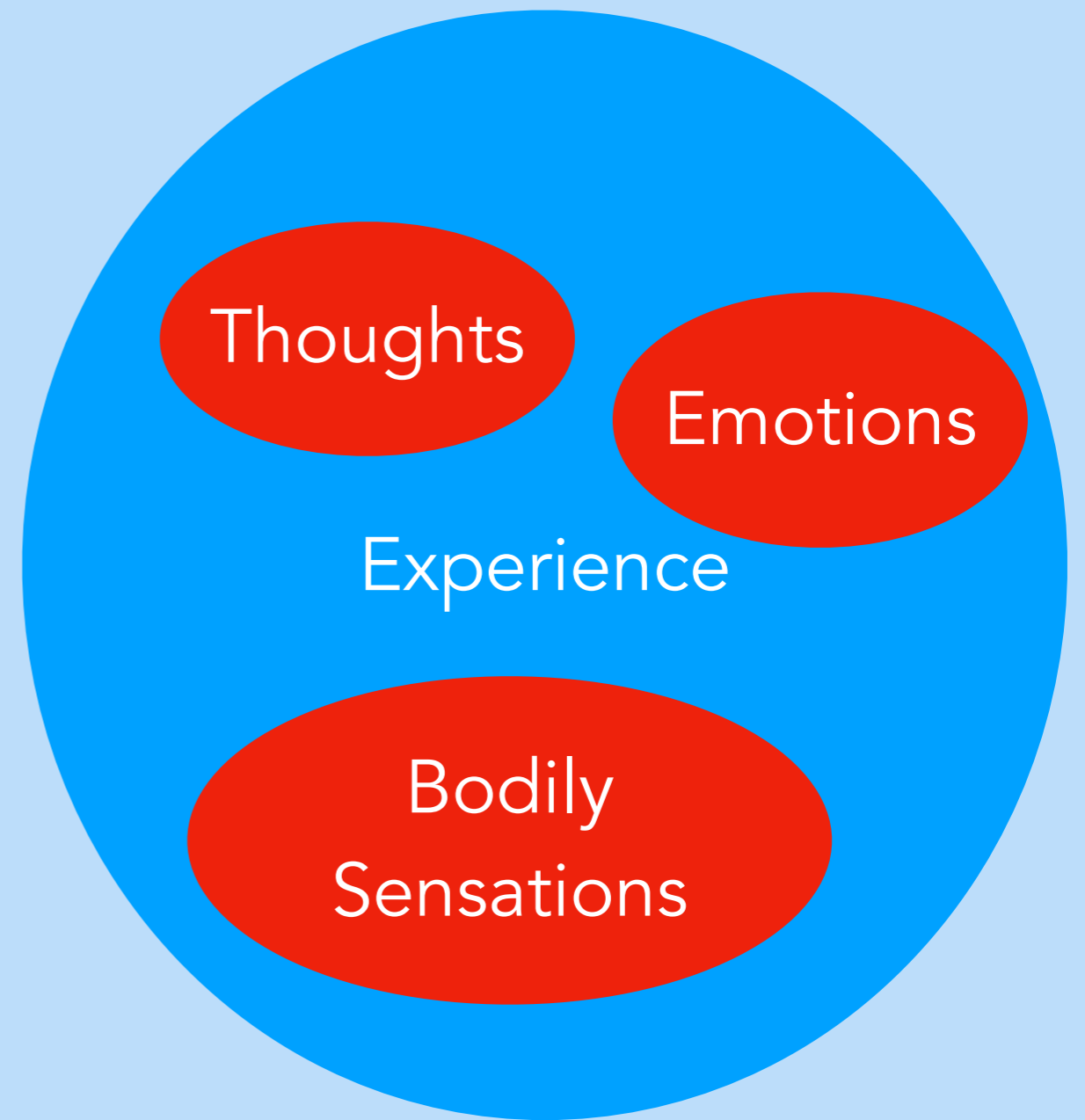
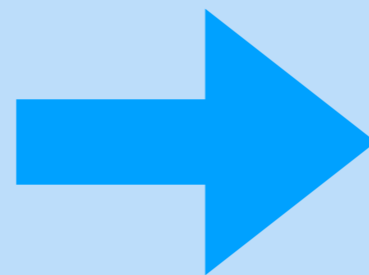
- **What** you pay attention to
- **How** you pay attention - thoughts, feelings, bodily sensations



De-blobbing



Knowing by Thinking



Knowing by Experience

Sitting Meditation



Option 1



Option 2



Option 3

Home Practice

- **Body scan** for 6 days of 7 days
- At different times, practice **10 minutes of mindfulness of breathing** for 6 out of 7 days (*guilford.com/MBCT_audio*, track 4)
- **Pleasant Experiences Calendar** - one example daily
- Mindfulness of a **new routine activity**
- Good for Me's



MBCT Session 3: Gathering the Scattered Mind

Mental Noting

5% noting and 95% with the direct experience



"Thinking, thinking"
or
"Planning, planning"
or
"Judging, judging"

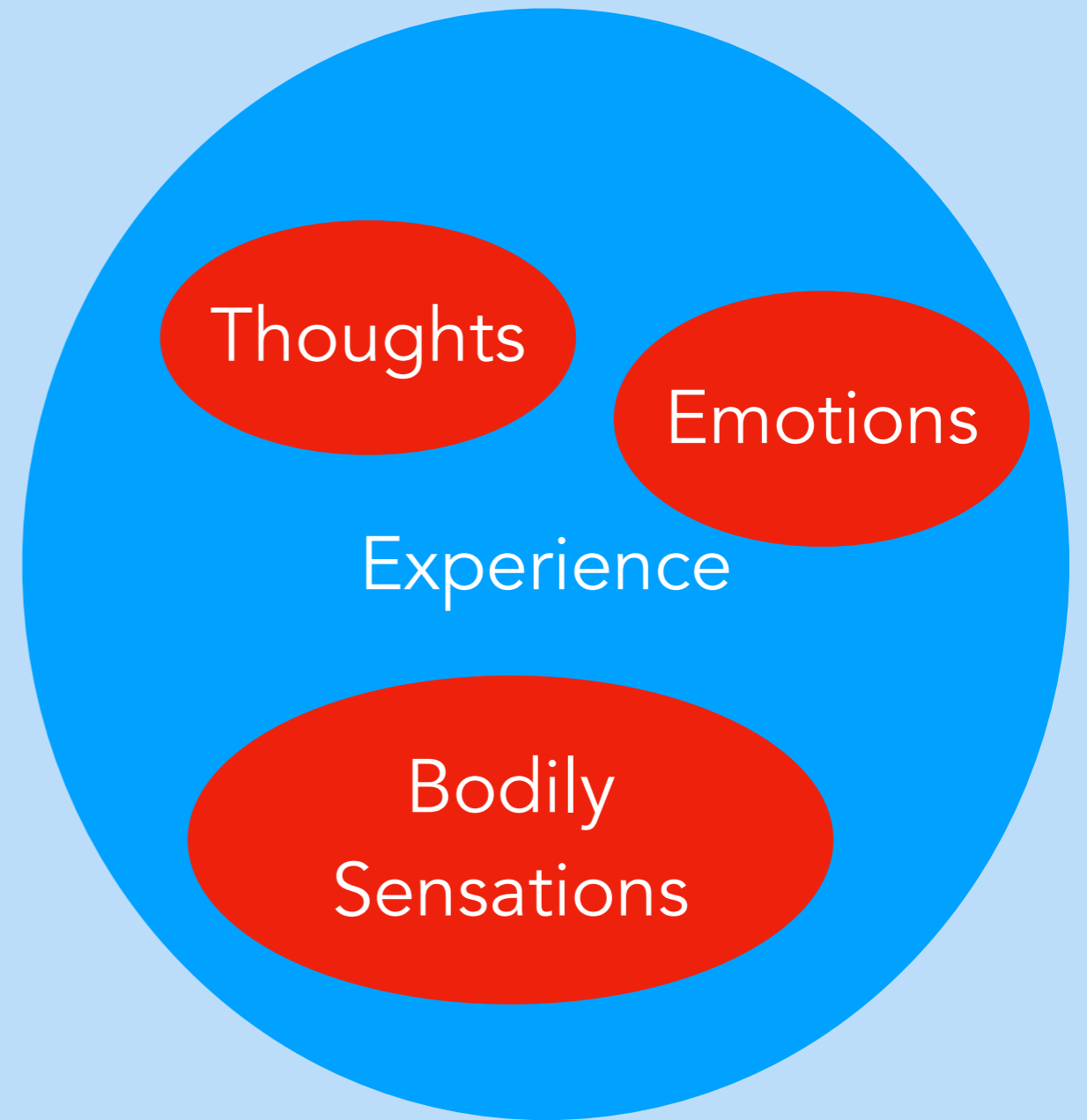
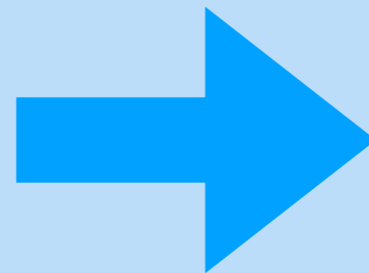
A serene landscape at sunset or sunrise. The sky is a mix of deep blue and vibrant orange, with soft clouds. In the distance, a range of mountains is visible. The foreground is a calm body of water that perfectly reflects the sky and the mountains. On the left side of the water, a single, thin, leafless tree stands in silhouette, its reflection also visible in the water. The overall mood is peaceful and contemplative.

Seeing and Hearing Exercise

De-blobbing



Knowing by Thinking

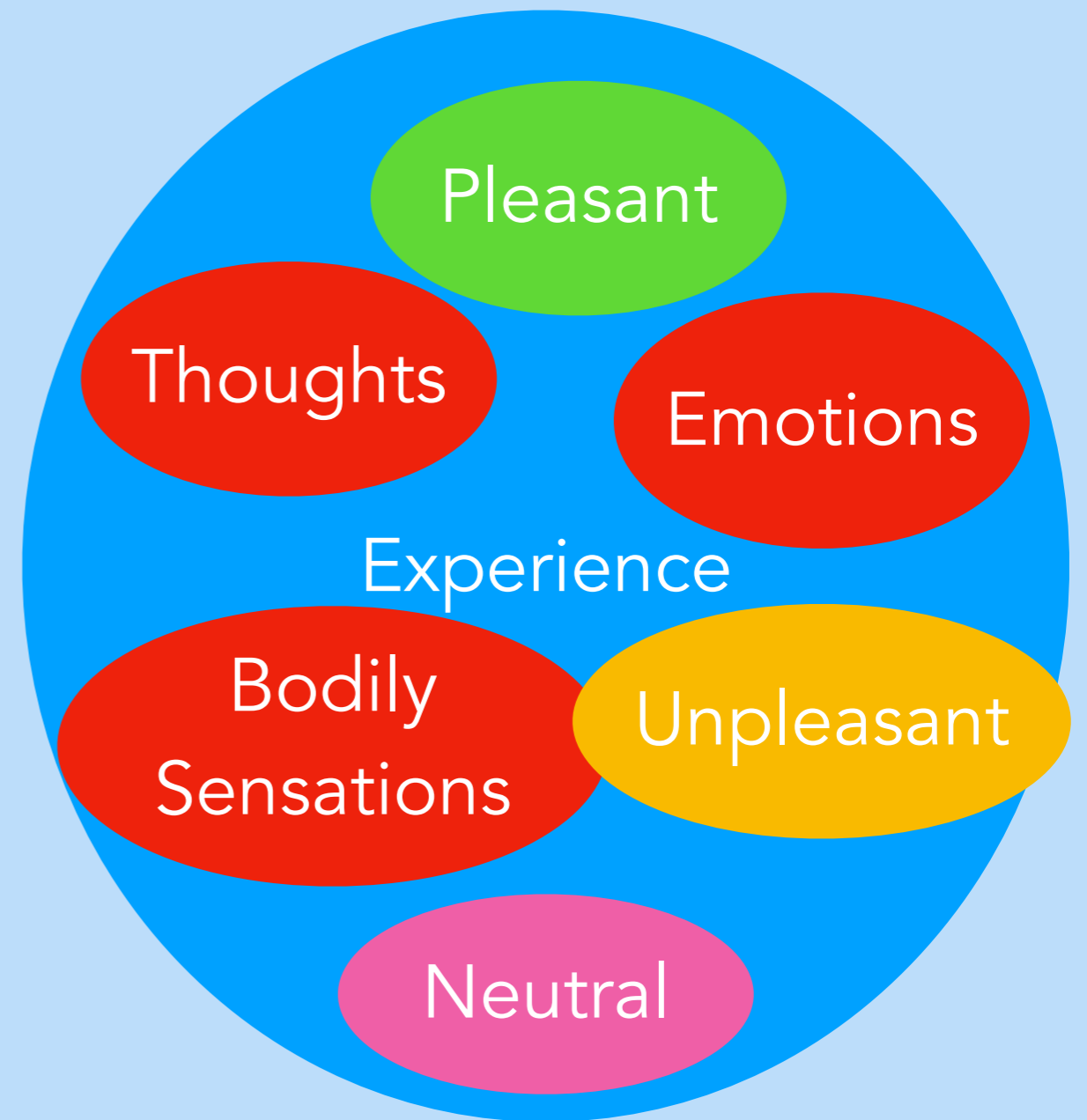
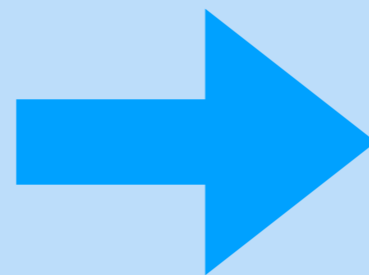


**Knowing by Experience -
"Feeling from the Inside"**

De-blobbing



Knowing by Thinking



Knowing by Experience

3 min Breathing Space

- **Step 0:** Consciously adopt an erect and dignified posture
- **Step 1:** Recognize and acknowledge T/F/BS
- **Step 2:** Gather attentiveness on the breath
- **Step 3:** Expand awareness to the body, then to present experience

Mindful Stretching

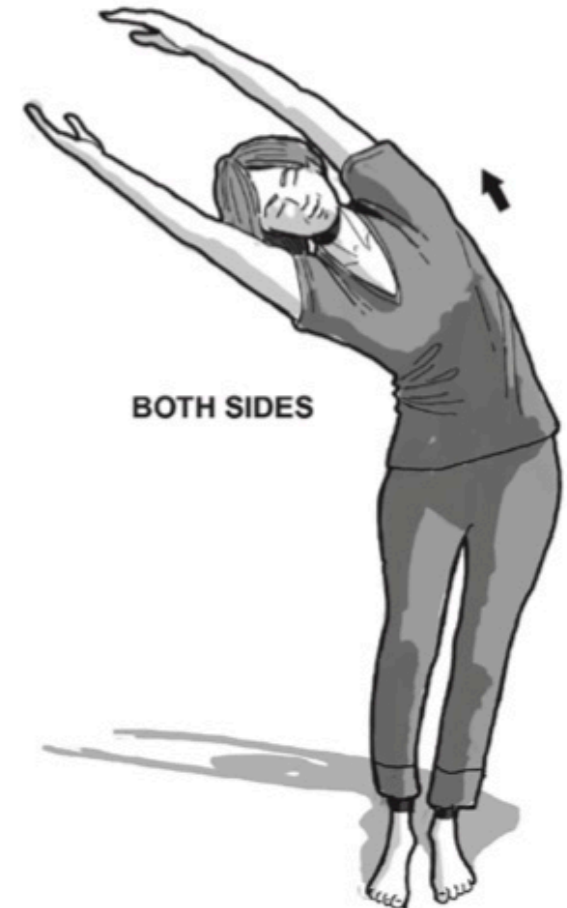
Steps 1–2

Steps 3–5

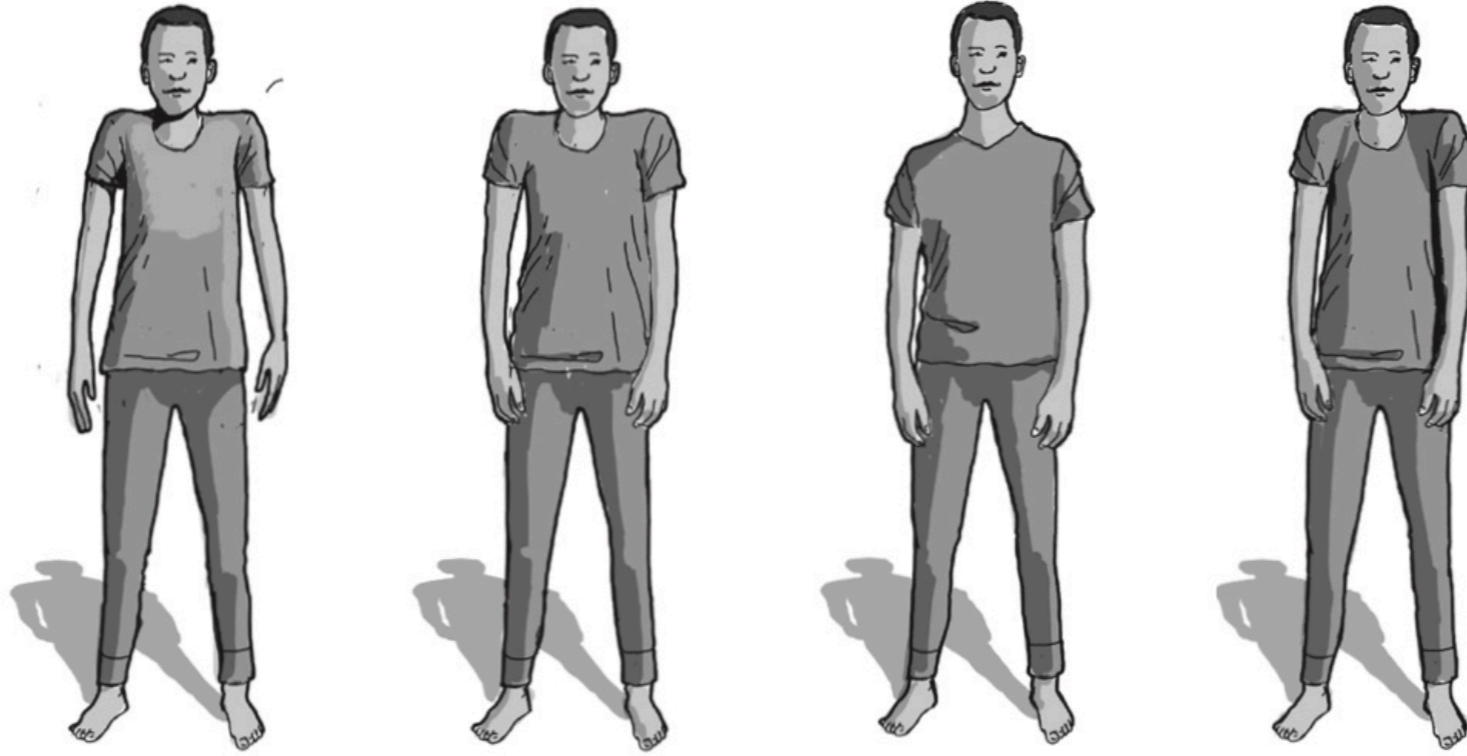
Steps 6–7

Step 8

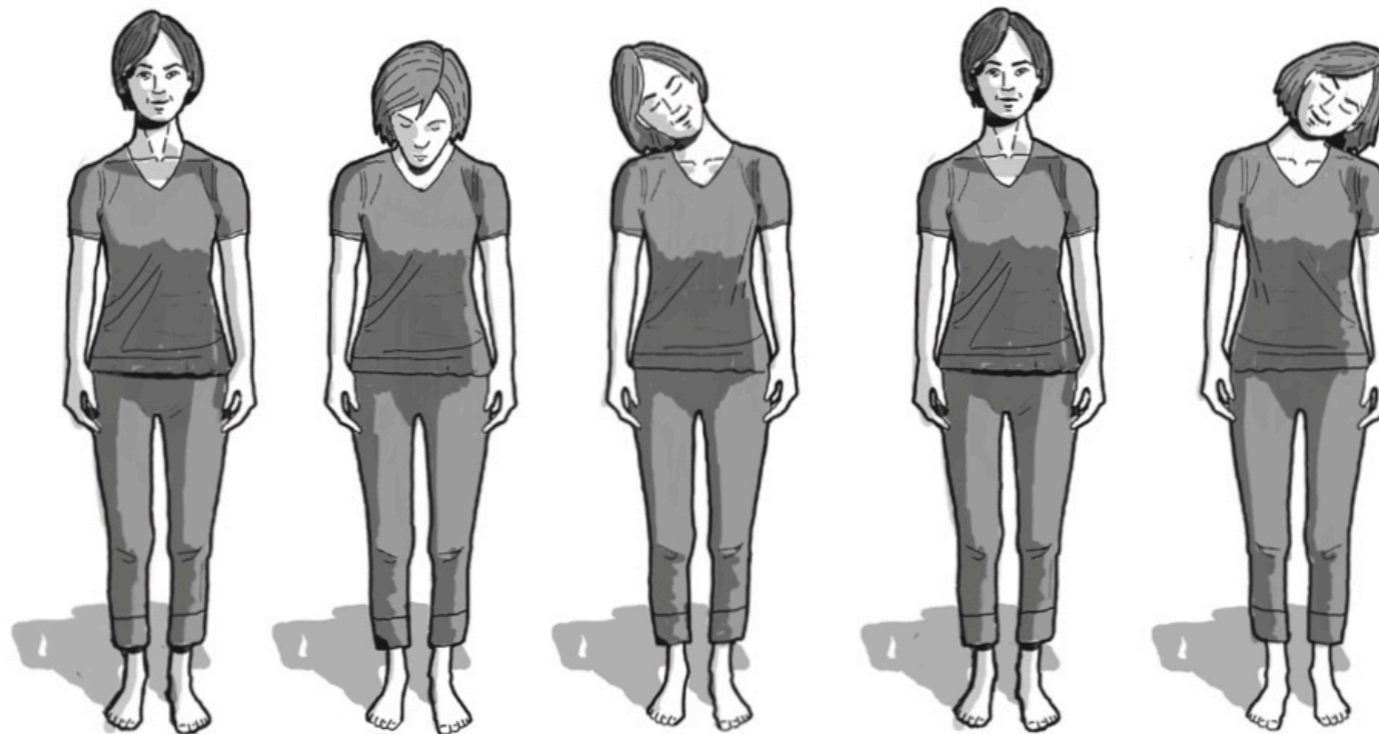
Step 9



Step 10



Step 11



Unpleasant Events Calendar

Experience?	How did body feel?	What moods and feelings?	What thoughts during?	What thoughts now?
Stub toe on a box on the floor	Pain in toe, tension in body	Frustrated, concerned	"I hope it's not broken" "This sucks" "Why am I such a klutz?" "Why was that box there?" "Who left that box there?"	"That was really painful" "I'm going to work on cleaning up more and ask the people I live with to do the same so this doesn't happen to someone else"

Suggested Home Practice

- **Good for Me's!!!**
- *On Days 1, 3, and 5*, combined **Stretch and Breath meditation** (track 6)
- *On Days 2, 4, and 6*, **Mindful Movement meditation** (audio track 5)
****We did standing mindful movement today, there is a different version in the book/in the audio for home practice**
- *Every day*: **3-Minute Breathing Space** (using the audio version, track 8, at least once a day) **3 times a day**, at set times that you have decided in advance
- Complete the **Unpleasant Experiences Calendar** (aim for one entry per day)

Extra Home Practice Tips

- Keep a journal, notice what questions might arise
- Keep the quality of curiosity and interest without judgment. This is an exploration. It's a scientific investigation into the training of your own heart and mind. It's an adventure for yourself. And it takes a while for the body to settle.
- Sometimes you might notice the body's uncomfortable. See if you can find a different way to sit or move mindfully.
- Sometimes you might find that there is a lot of storm inside because you're sitting on a day when a great deal of external problems have arisen. See if you can learn to steady yourself with the breath in the midst of that, even if it's only for certain small moments.

Extra Home Practice Tips

- People also find it helpful to have a protected space, a corner of the bedroom, or someplace that's quiet for yourself.
- Most people find it helpful to have a regular time. If you're a morning person, you might do it early in the day. If you're not a morning person, don't try it, or you'll fail. Maybe you want to sit in the evening as a way to quiet yourself and steady your heart and mind at the end of the day.

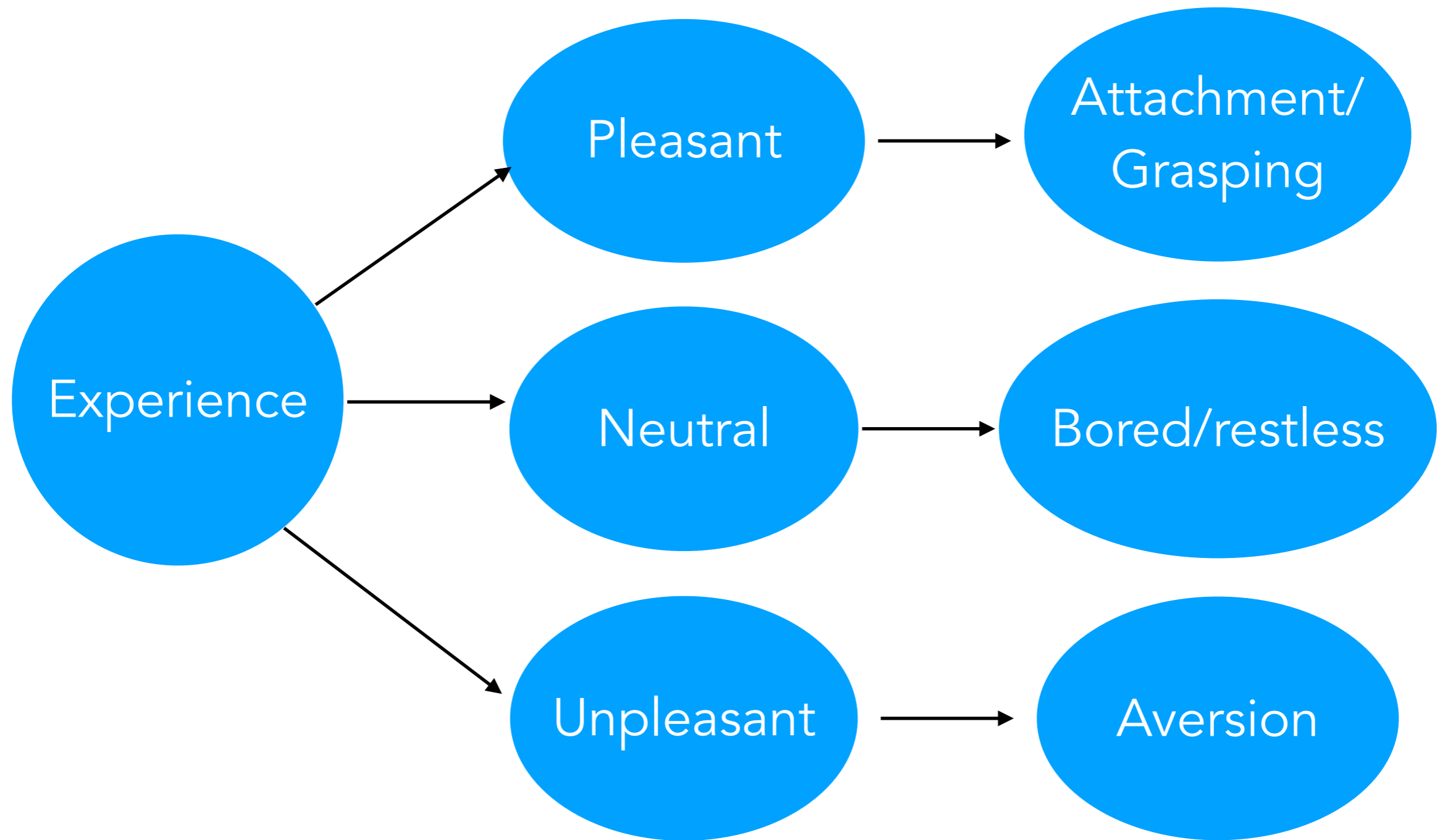
Accepting the Mind

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=qUcC71-W9Os)

[v=qUcC71-W9Os](https://www.youtube.com/watch?v=qUcC71-W9Os)



MBCT Session 4: Recognizing Aversion



Aversion

- Habitual reaction of aversion is at root of all states of mind that underlie relapse into depression/anxiety
- Hard to simply sit with aversion: want to do something about it!
- Change focus from problem solving to allowing



The "no" of contraction of aversion
and resistance to what is here

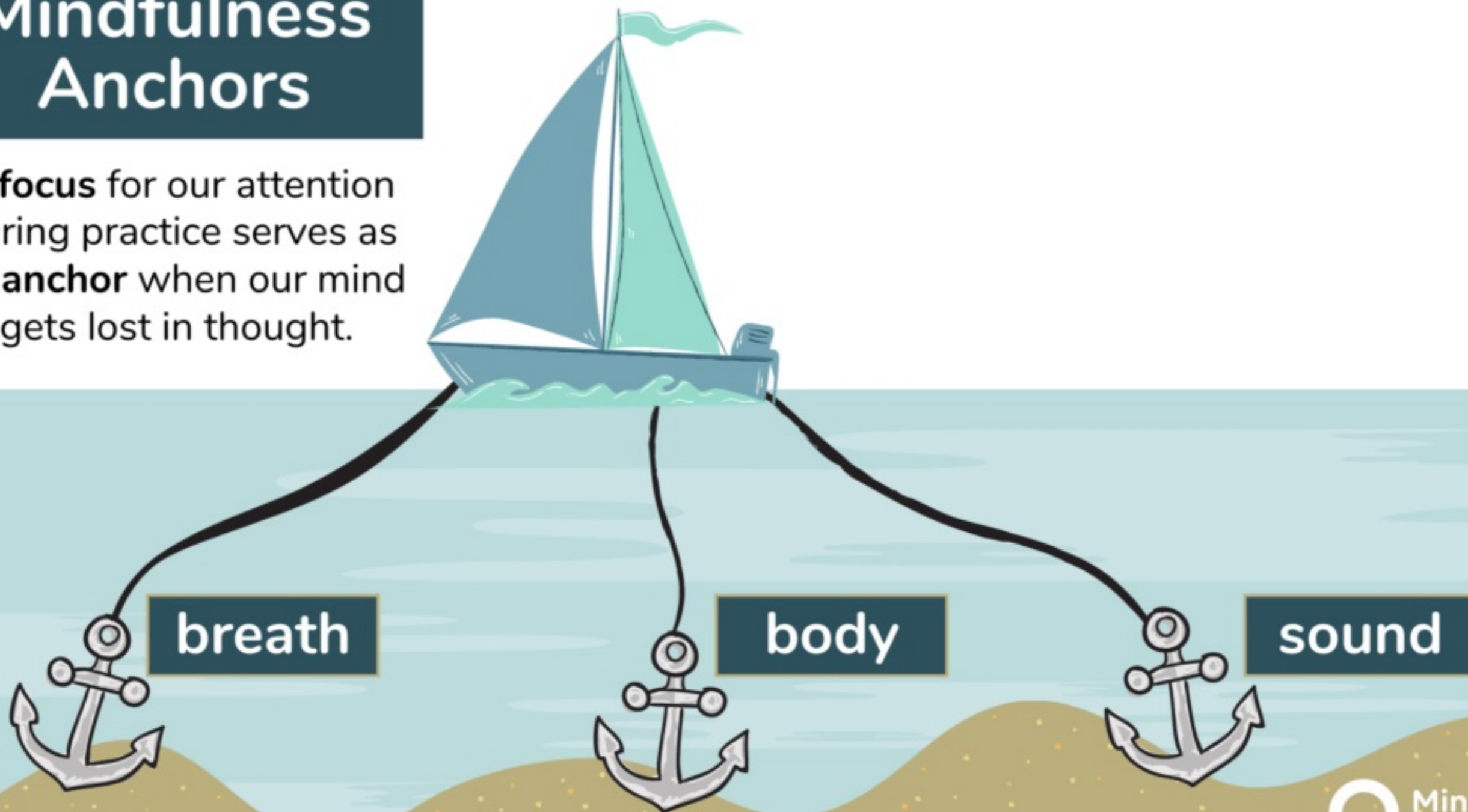


Allowing what is already here and softening towards
the experience
Willing to say "yes, it's already here"

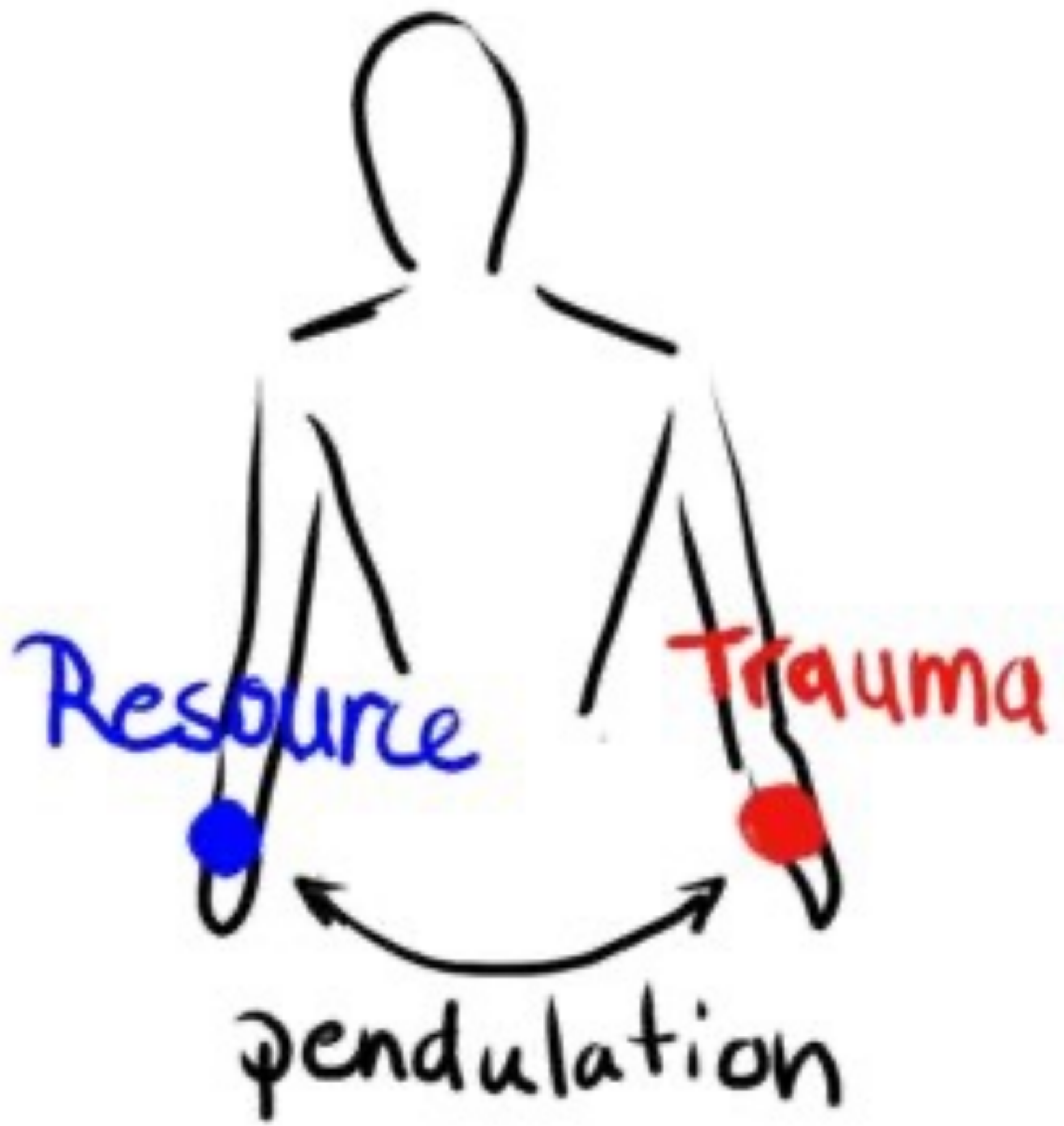


Mindfulness Anchors

A **focus** for our attention during practice serves as an **anchor** when our mind gets lost in thought.



Also called a "home base"



Pain is inevitable

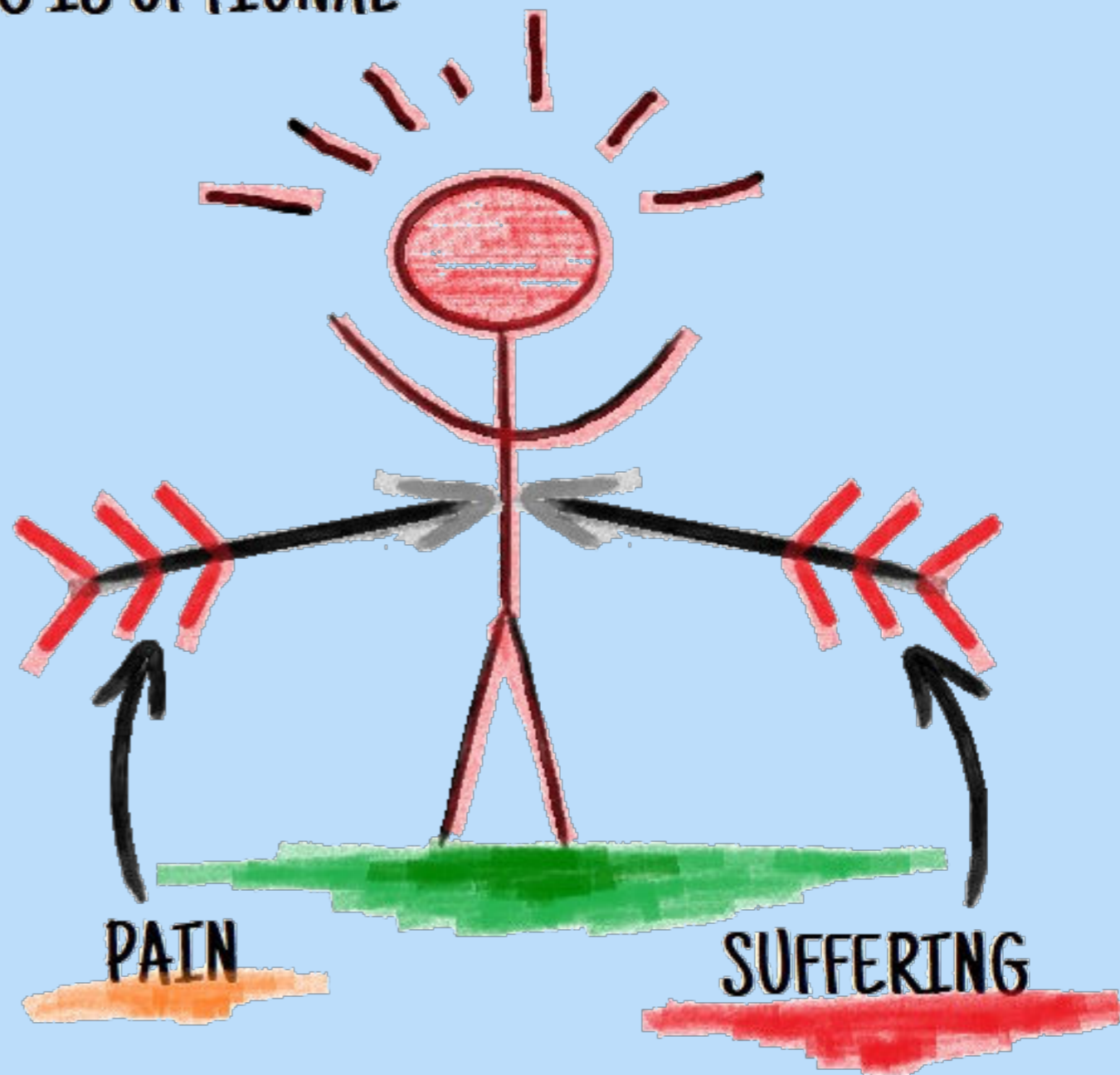
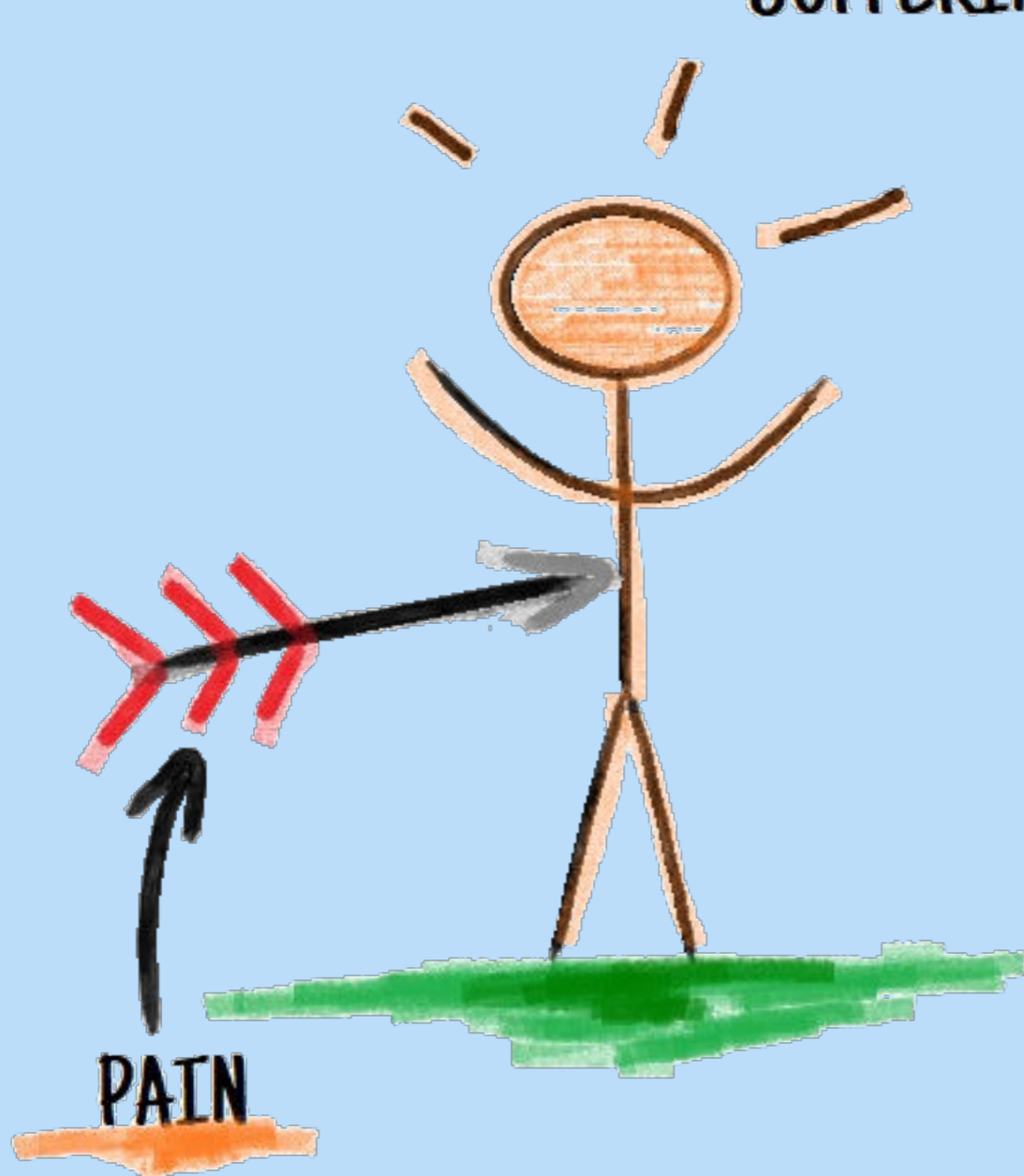
Suffering is optional



RETRAIN YOUR BRAIN

Dr Elaine
Ryan

PAIN IS INEVITABLE
SUFFERING IS OPTIONAL



The Territory of Depression



Depression

Experiencing **5 or more symptoms during the same 2-week** period and at least one symptom either (1) **depressed mood** or (2) **loss of interest or pleasure**.

1. **Depressed mood** most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant **weight loss** when not dieting or **weight gain**, or **decrease or increase in appetite** nearly every day.
4. A **slowing down of thought and a reduction of physical movement** (observable by others, not merely subjective feelings of restlessness or being slowed down).

Depression

5. Fatigue or **loss of energy** nearly every day.
6. Feelings of **worthlessness or excessive or inappropriate guilt** nearly every day.
7. **Diminished ability to think or concentrate, or indecisiveness**, nearly every day.
8. Recurrent **thoughts of death**, recurrent **suicidal ideation** without a specific plan, or a suicide attempt or a specific plan for committing suicide.

Symptoms must cause clinically significant **distress or impairment in social, occupational, or other important areas of functioning.**

Not be a result of substance use or another medical condition

Home Practice

1. Practice the **Guided Sitting meditation** (audio track 11) for 6 out of the next 7 days **Alternative option: Alternate Guided Sitting meditation with mindful walking or movement**
2. 3-Minute Breathing Space—Regular (audio track 8): Practice three times a day
3. 3-Minute Breathing Space—Responsive (audio track 9): Practice *whenever you notice unpleasant feelings*
4. ***Good for Me's!***



MBCT Session 5: Allowing Things to Be as They Already Are

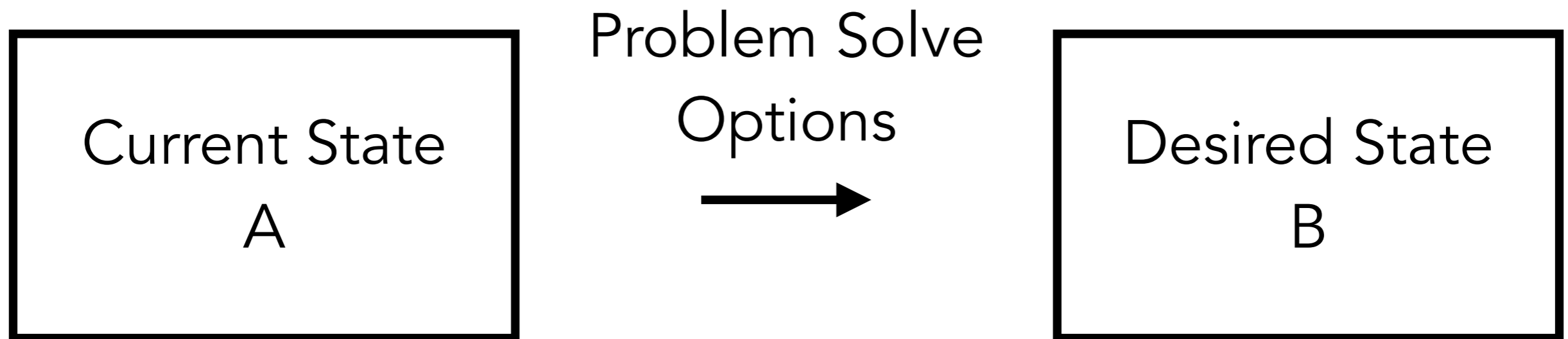
Awareness
Clear Seeing
Attentive Presence



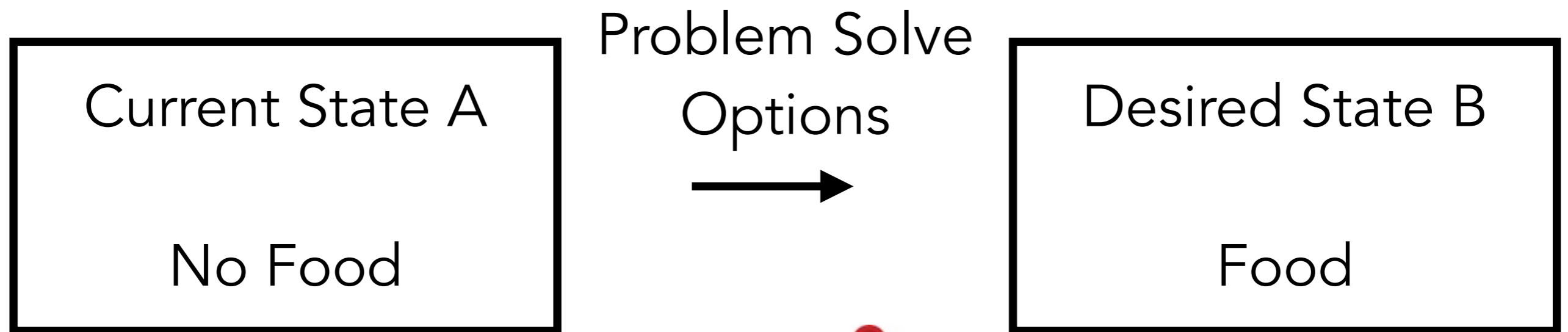
Non-judgmental Acceptance
Curiosity
Kindness
Compassion

Discrepancy Based Processing

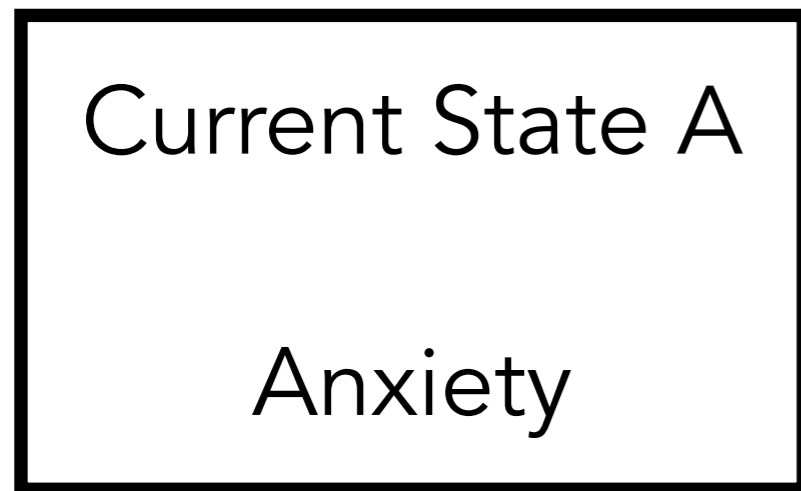
Mind compares current state (A) to desired state (B)
and will problem solves how to get from A to B



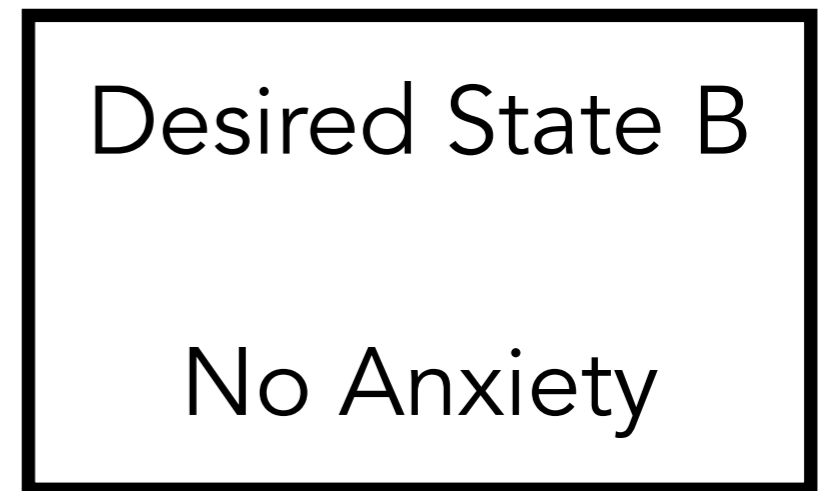
Discrepancy Based Processing Works Well for Many Problems



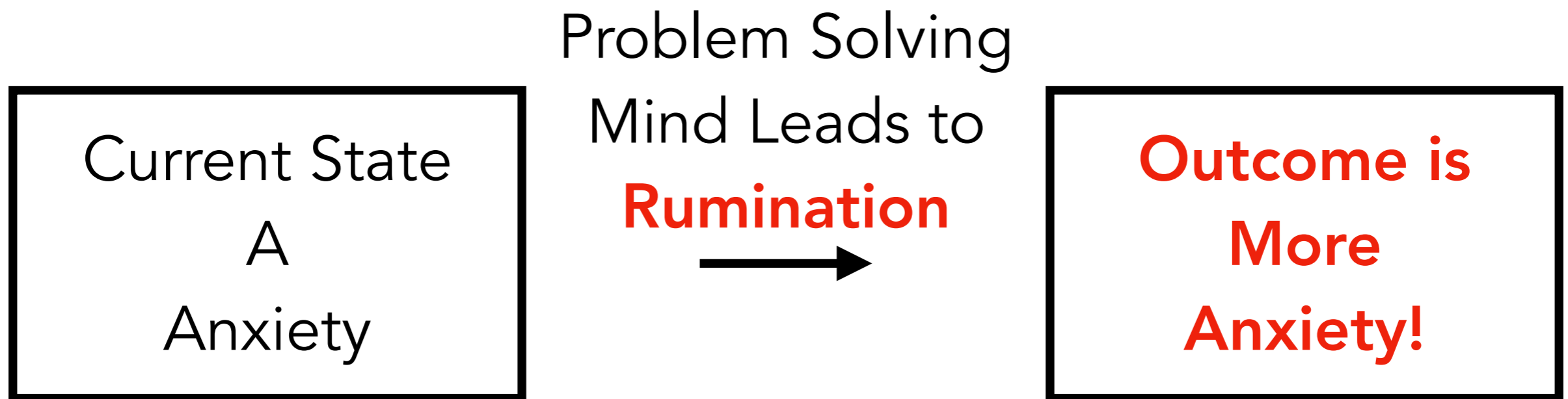
Discrepancy Based Processing with Emotions



Mind tries to
Problem Solve



Discrepancy Based Processing Unhelpful for Emotions

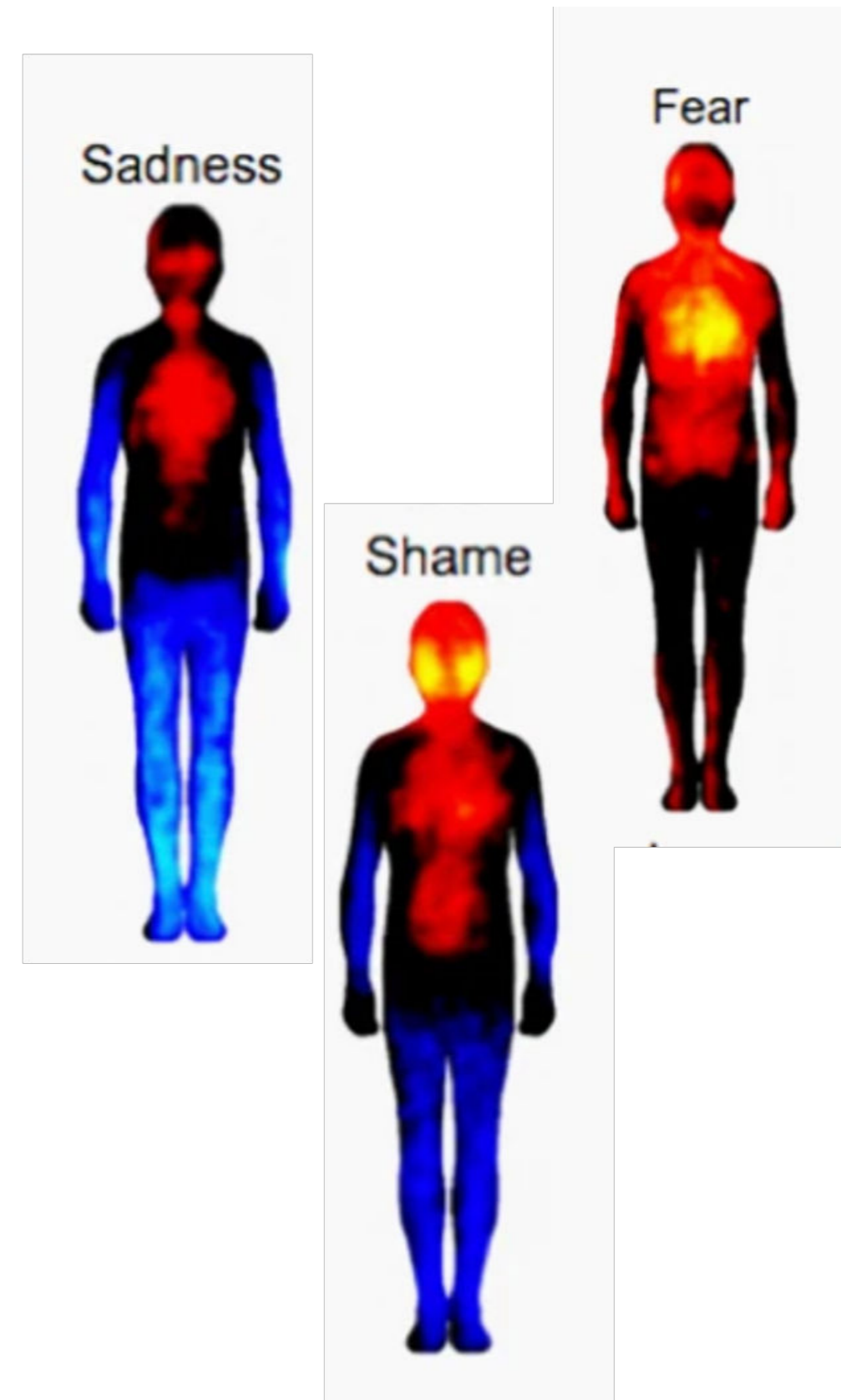


We can't think our way out of emotions

Need to connect to the body and **allow** emotions

Allowing Emotions – Connecting with the Body

- Notice the ***physical sensations*** of the emotion and label them: “Tightness”, “warmth”, “tingling” etc, or “This is what shame feels like in my body”
- Breathe into it, soften around it, make space
- If emotion intense, get distance: “***I notice I’m having the emotion of anger***” or “***anger is arising***” rather than “I am angry”
- **Self-compassion** - a healing hand to the body part (chest, cheek etc)



How can we relate to thoughts and emotions?

- Radio Doom and Gloom (thoughts)
- <https://www.youtube.com/watch?v=Bu2k0EGXAVo>
- Struggle Switch (emotions)
- <https://www.youtube.com/watch?v=rCp1l16GCXI>

The Guest House by Rumi

This being human is a guest house.
Every morning a new arrival.

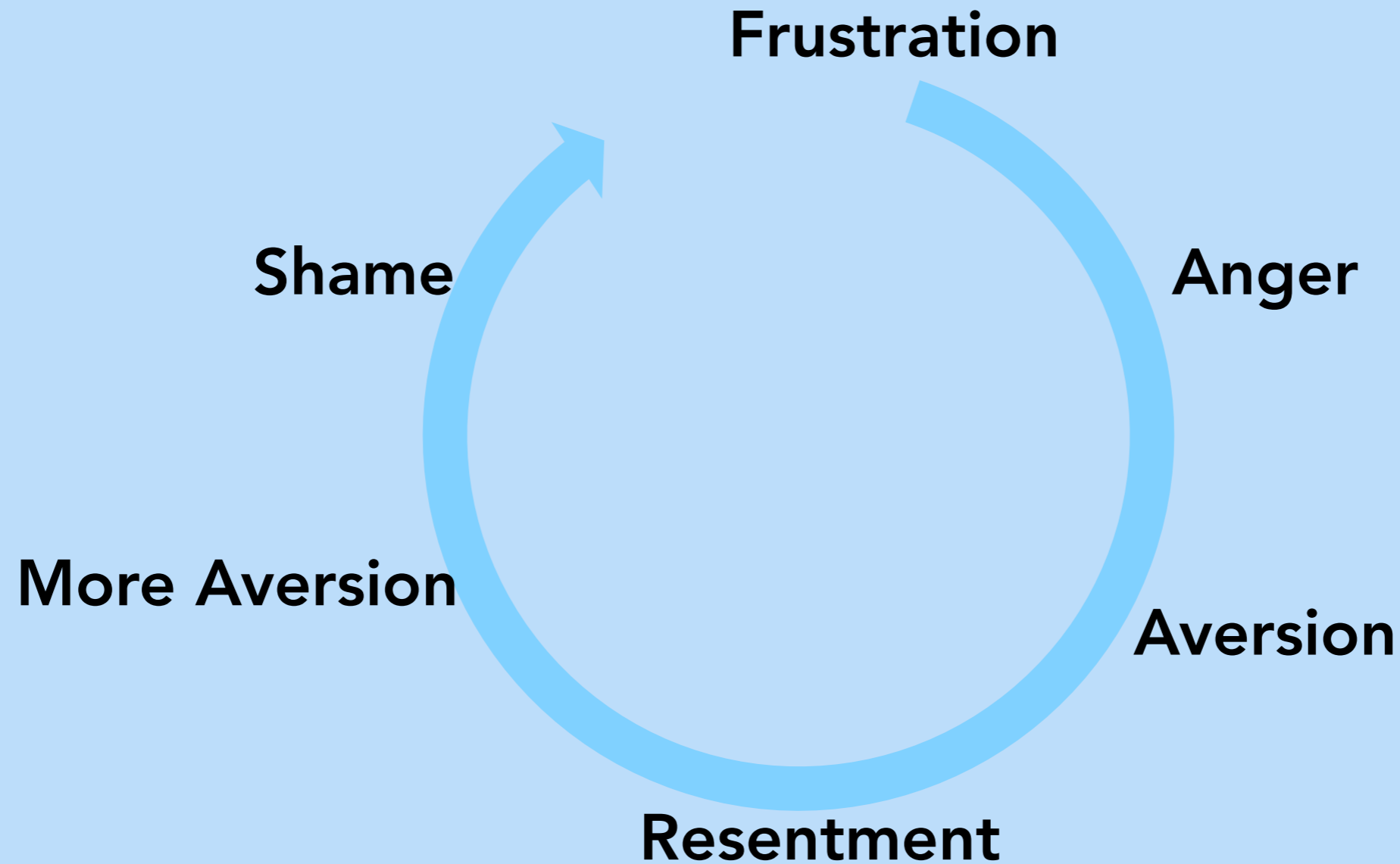
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Aversion Feedback Loop



It is our ***relationship*** to what is difficult and unpleasant that keeps us stuck in suffering - not the unpleasant feelings and sensations themselves

The Hinderances

Wanting/Craving

Aversion/Not wanting

Restlessness/Worry/Agitation

Sloth and Torpor - Sleepy dullness

Doubt/Confusion

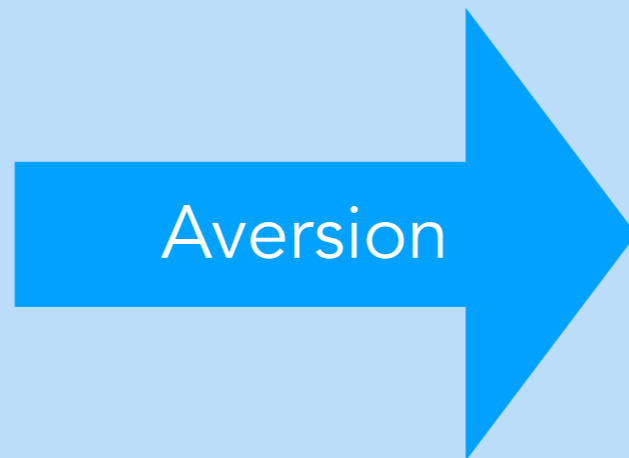
Working with the Hinderances

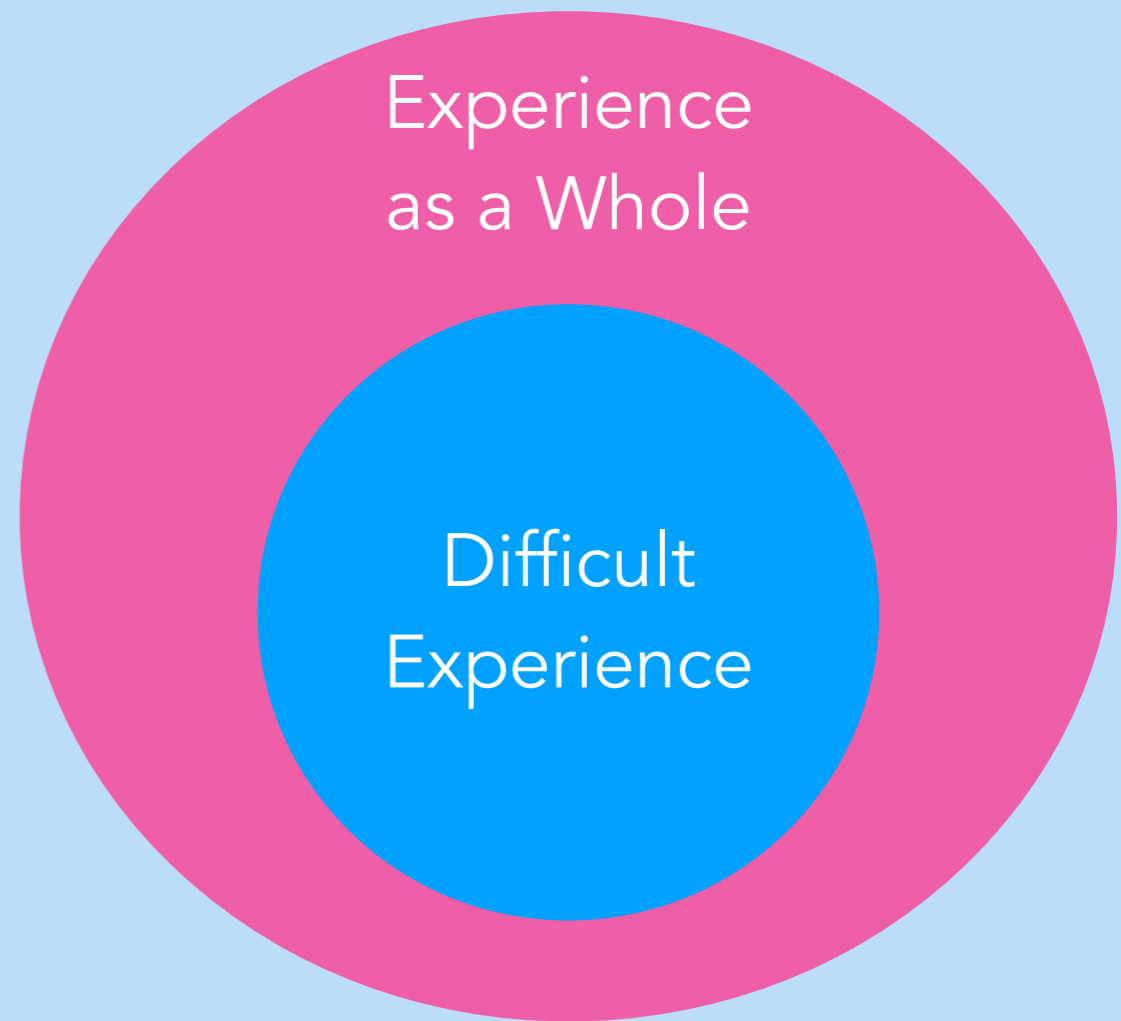
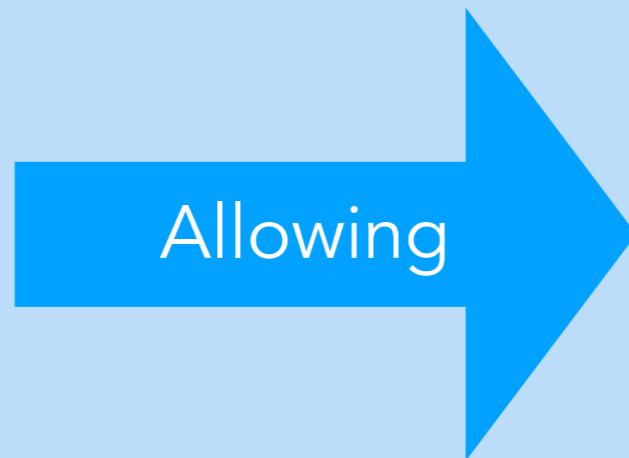
- How does they change? States as **impermanent**
- What does it feel like in the body? In the mind?
- Explore without judgment and with curiosity. Is there something more vulnerable?
- ***What does aversion feel like?*** (Not "why am I feeling it") Spend time ***feeling the nature of aversion itself***

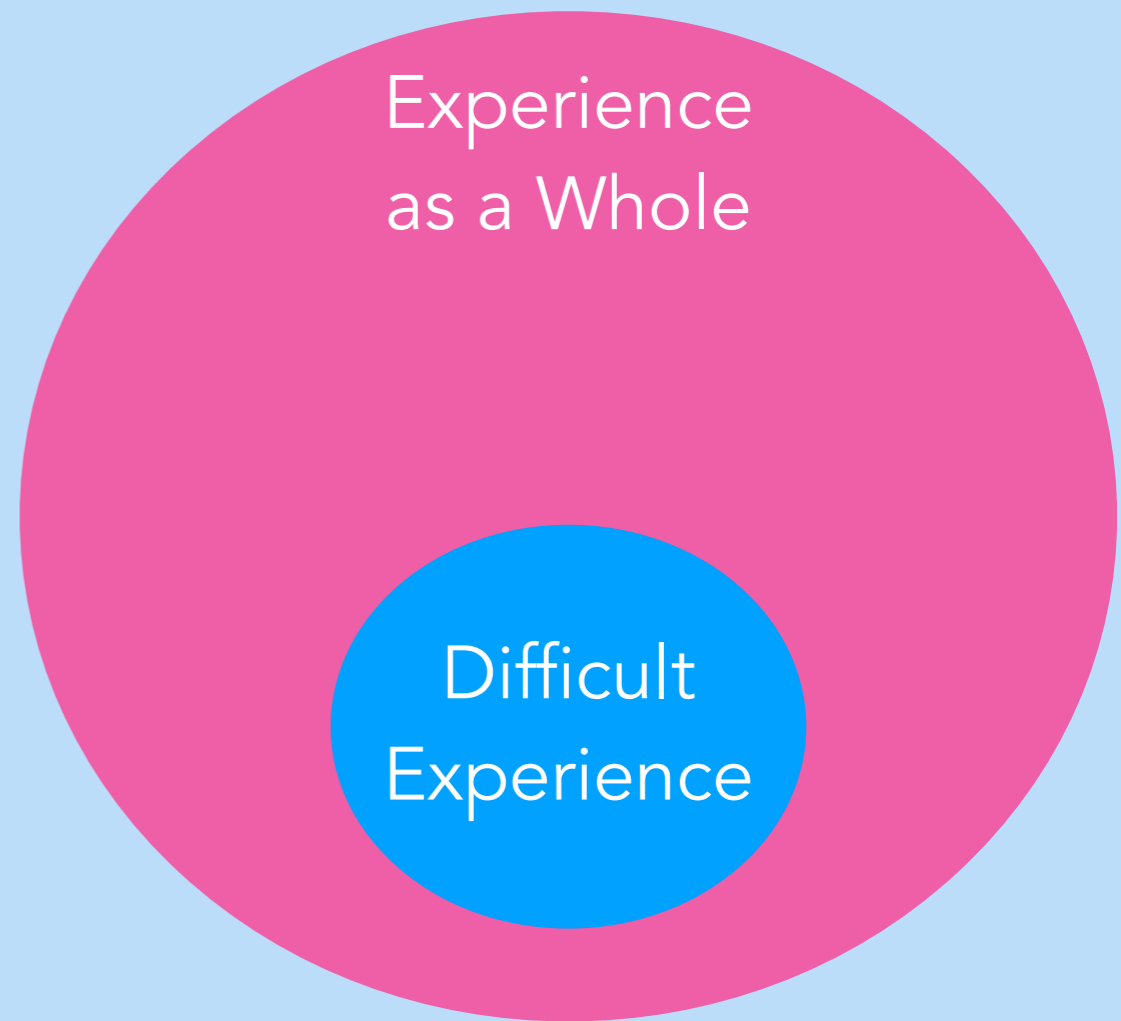
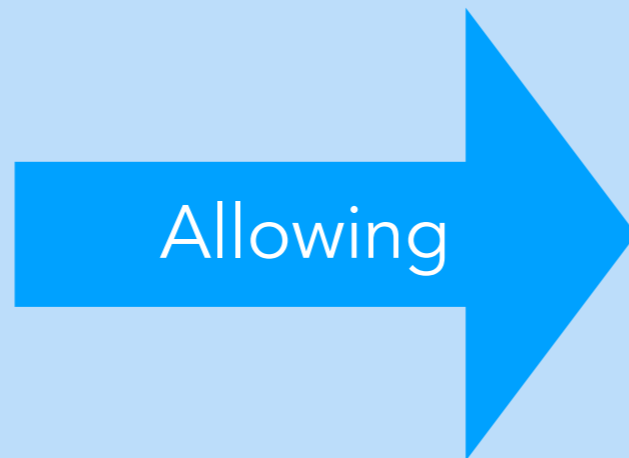
What is Allowing?

- Simply **allowing space** for Thoughts or Feelings, rather than **trying to create some other state**-> "it's already here"
- Not the same as resignation or helplessness (passive)
- An **active, willing** gesture of **acceptance and openness** to experience
- Other terms could be Adaptation or Integration
- Allows us to choose how to respond rather than automatic reaction through aversion

- This is **not** referring to allowing all situations in our **external** environment, such as outer harms where healthy boundaries are necessary
- There are many situations where we must stand up to outer injustices or violations (but we can allow the associated internal experience and use the info from this to inform skilled action)







Steps to Allowing/Letting be

- 1) Become **mindfully aware of whatever is predominant** in one's moment-to-moment experience; bringing awareness deliberately to where the mind keeps getting pulled
- 2) Bring awareness to **how** we are RELATING in the body to whatever arises; intention to register the **experiences are here**, to let them to be as they are, in this moment, and simply to **hold them in awareness**

Allowing Emotions

- All emotions pass but need to be felt to be processed. ***“What we resist persists, what we feel, we can heal”***
- Allowing doesn't mean we like it or want it but we will allow it ***“It's already here”***
- Validate the ***emotion makes sense*** given the circumstances
- Thank the emotion and be ***curious*** about it
- Bring ***self-compassion*** - ***“this is a moment of suffering”***



Observing difficult feelings, without getting pulled into them or swept away by them



Choice Point:

[https://www.youtube.com/
watch?v=OV15x8LvwAQ](https://www.youtube.com/watch?v=OV15x8LvwAQ)

AWAY

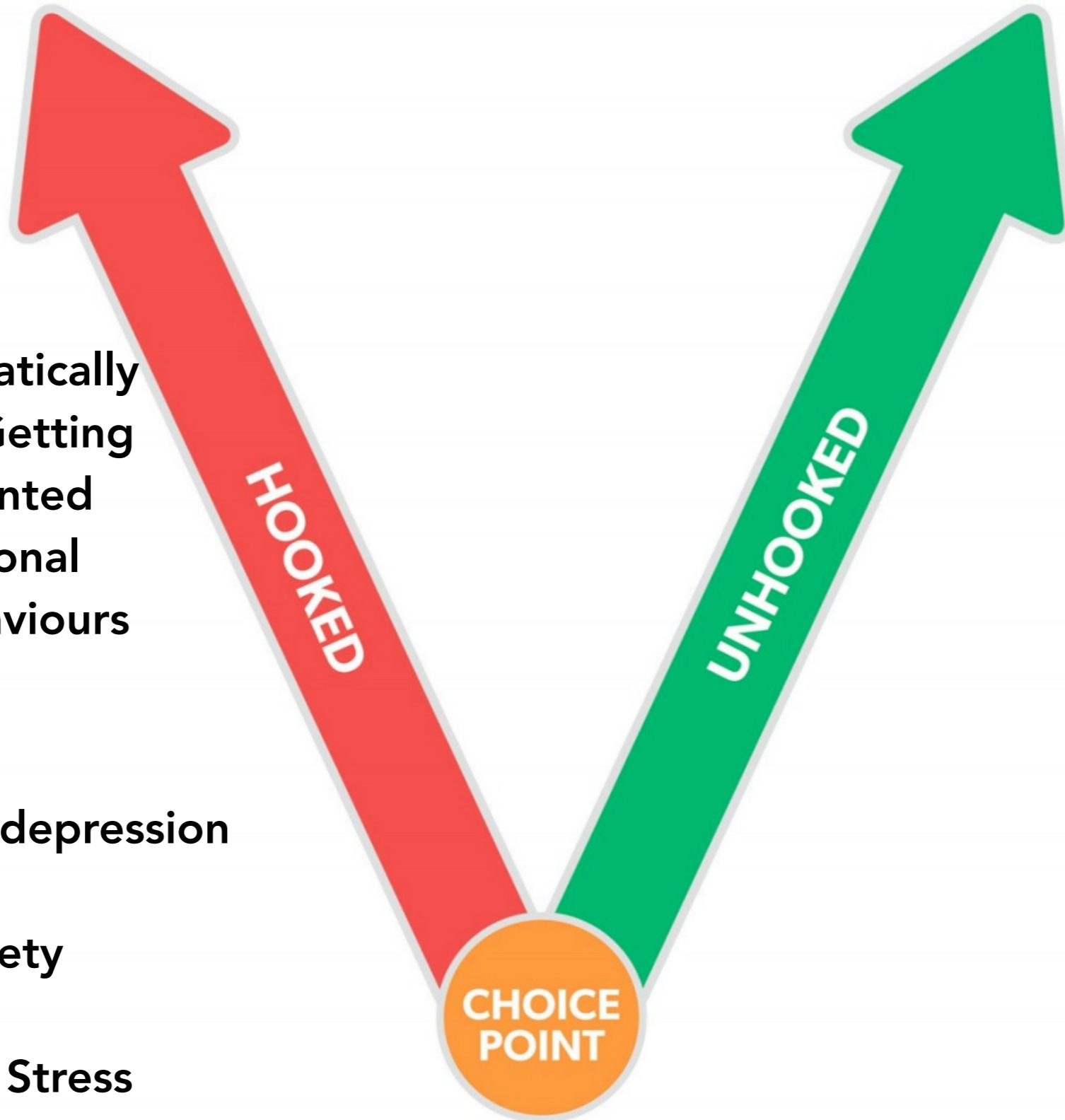
TOWARDS

Reacting Automatically
with Aversion, Getting
Stuck in Unwanted
Painful Emotional
States and Behaviours

Result:

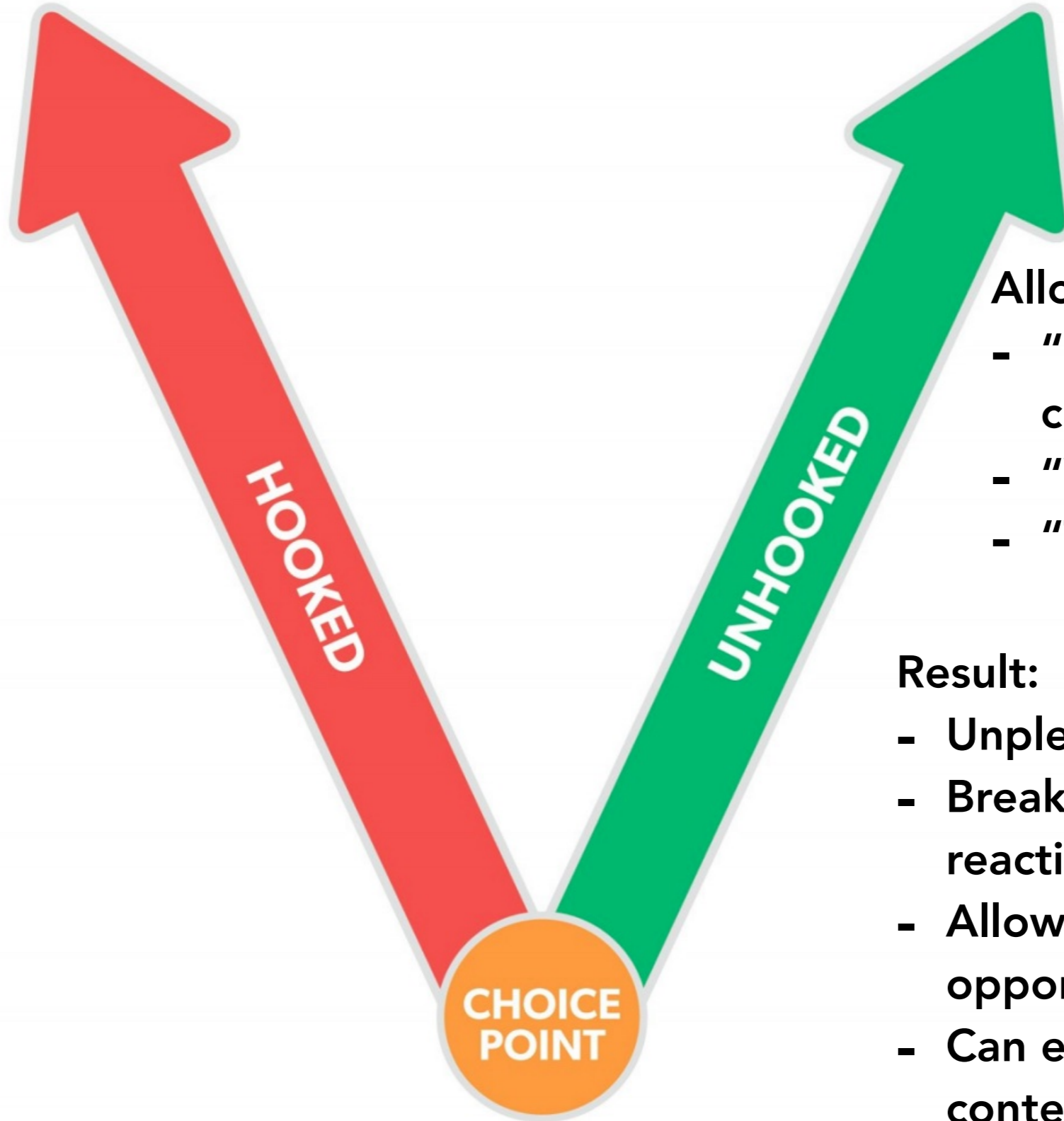
- Self-blame of depression
- Rumination
- Terror of Anxiety
- Red hot rage
- Exhaustion of Stress

**Situation(s)
Thoughts & Feelings**



AWAY

TOWARDS



**Situation(s)
Thoughts & Feelings**

- Allowing includes:**
- "Opening" to our current experience
 - "Welcoming"
 - "Turning towards"

Result:

- Unpleasant feelings pass
- Breaks automatic reactions
- Allows for choice, opportunity to respond
- Can experience peace or contentment even in the presence of unpleasant feelings

Struggle Switch

- Min = maximal acceptance/allowing
- Midpoint = tolerance
- Max = maximal avoidance



Week 5 Home Practice

1. Practice **Working with Difficulty meditation** on Days 1, 3, 5 (guided practice audio track 12) and **Sitting with Silence** (unguided practice) for 30–40 minutes on Days 2, 4, 6
2. Consider RAIN Compassion Practice by Tara Brach
3. **3-Minute Breathing Space—Regular** (audio track 8): Three times a day
4. **3-Minute Breathing Space—Responsive** (audio track 9), if you choose (see Session 5–Handout 2): Practice *whenever you notice unpleasant feelings*.
5. Good for Me's

RAIN Compassion Practice

Tara Brach RAIN Resources for Self Compassion

<https://www.tarabrach.com/rain/>

This is a RAIN meditation by Tara Brach and a great alternative to the working with difficulty meditation this week:

https://www.youtube.com/watch?v=W8e_tAEM80k

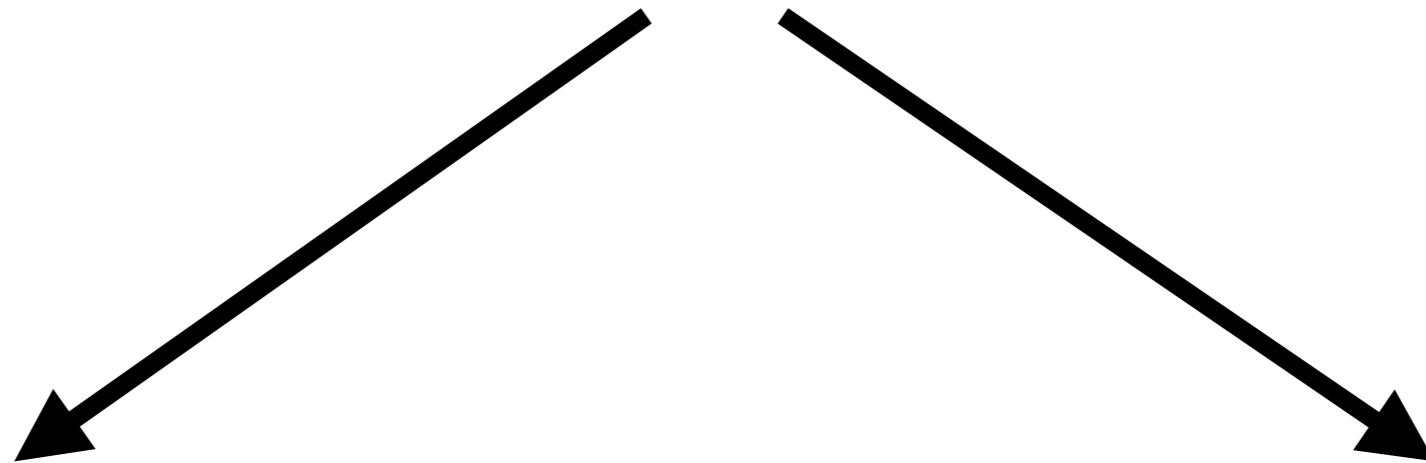


MBCT Session 6: Thoughts Are Not Facts

Theme

*All thoughts are **only mental events** (including the thoughts that say they are not), that **thoughts are not facts**, and that **we are not our thoughts***

Options for Dealing with Thoughts:

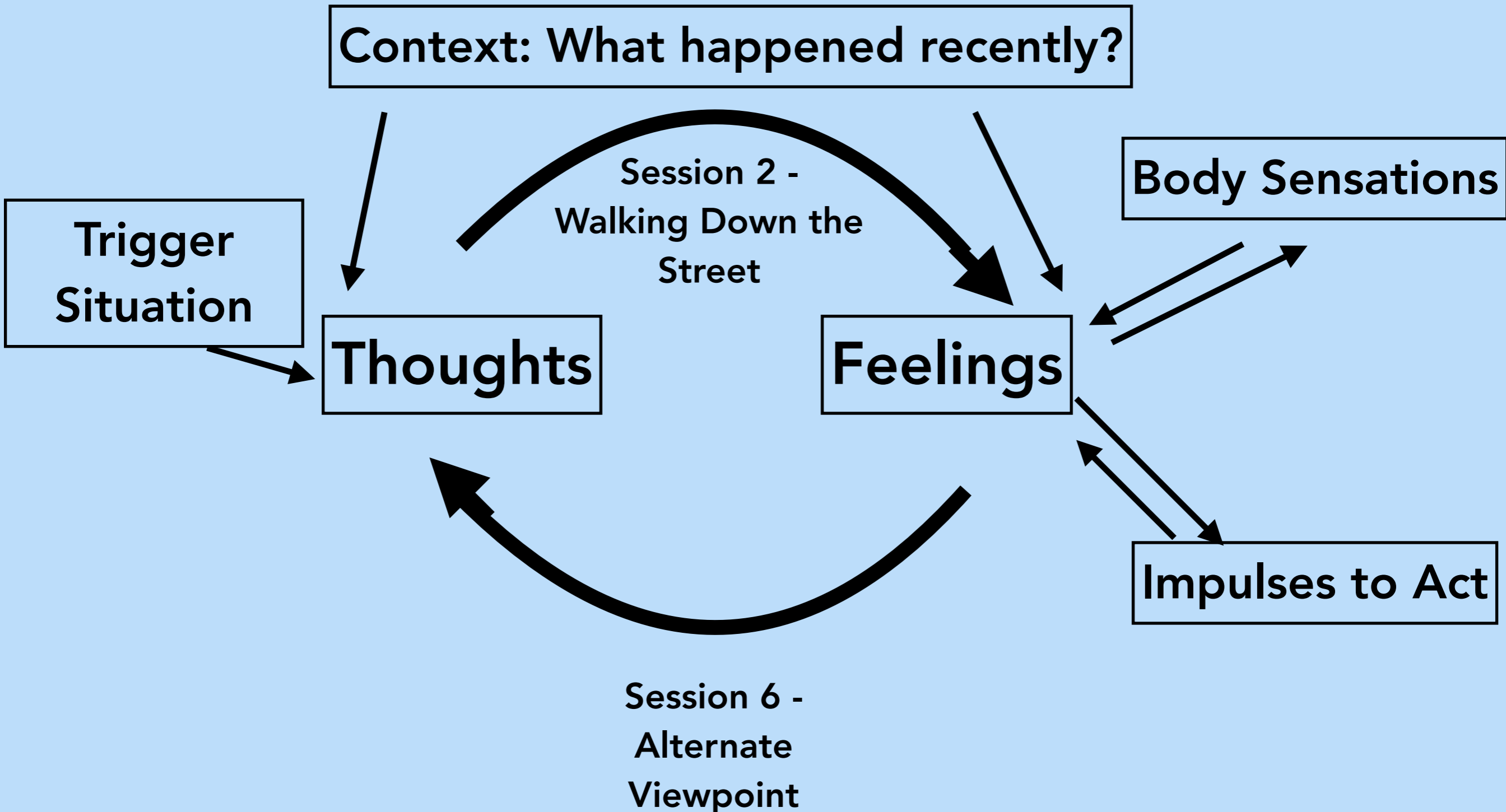


Spotting and
***Swapping to more
Helpful Thoughts***

Mindfulness and
Defusion "Unhooking" to
***Get Distance from
Thoughts***

Alternate View Point Exercise

Feelings influence Thoughts



- Thoughts as the visible tip of an iceberg (body sensations and emotions)
- When emotion related thoughts are around, acknowledge the thoughts, **then drop down into the body to bring awareness to the sensations and feelings** that gave birth to the thoughts, rather than getting tangled in the thoughts
- Thoughts as part of a whole package that requires **investigation**





Tools for Seeing Thoughts as Mental Events

- For thoughts with 1) **Strong Emotions**, or 2) **Persistent, Intrusive thoughts**:
 - Bring awareness to the body sensations and emotions to “de-blob”
 - Imagery - Thoughts projected on screen, leaves on the stream, clouds in the sky, mountain, cars on the highway



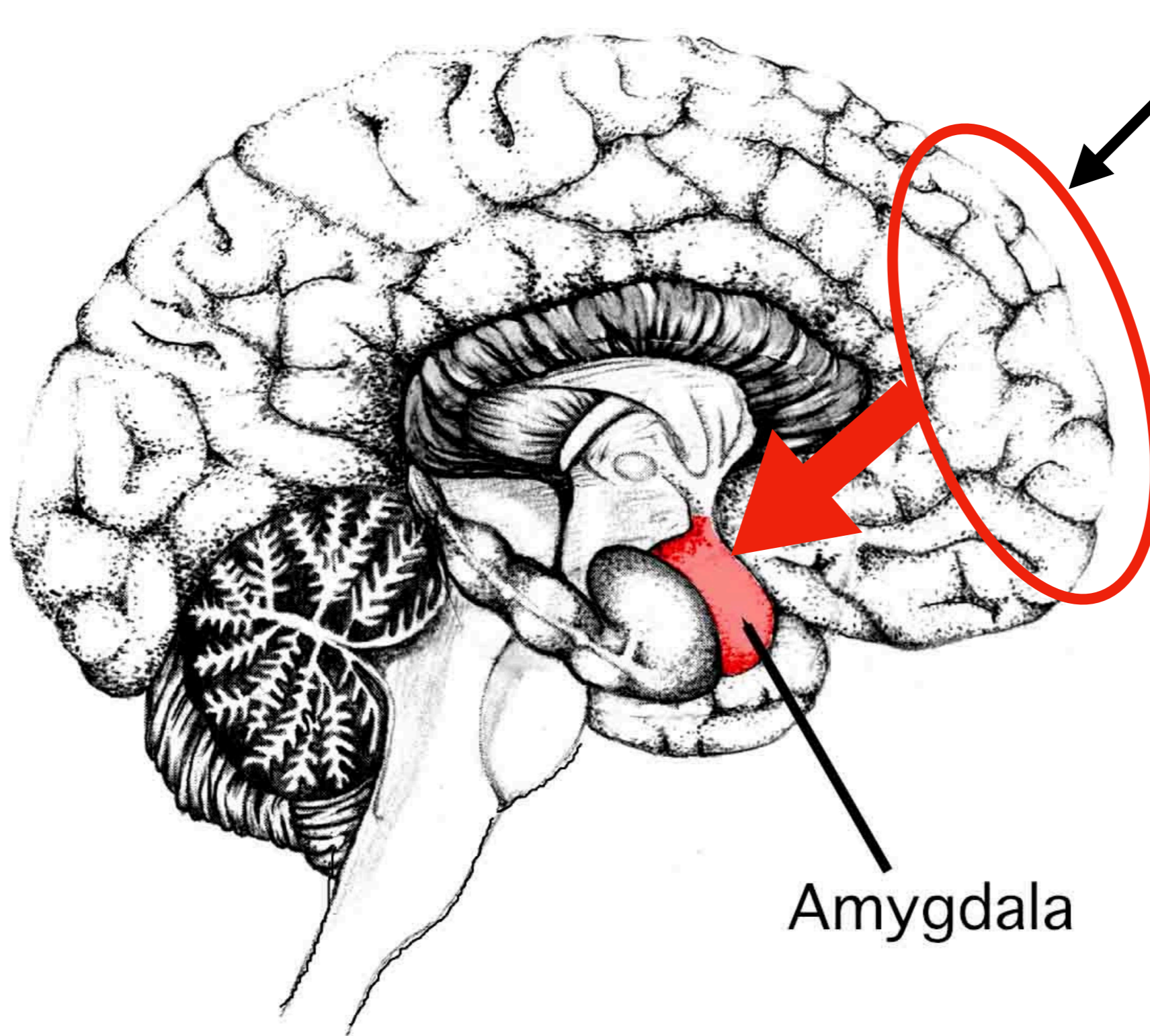
Sushi Train 2 min 10 s

[https://www.youtube.com/
watch?v=tzUoXJVI0wo](https://www.youtube.com/watch?v=tzUoXJVI0wo)

Other Techniques

- **Naming the Story:** Each time this story shows up, name it: "Aha, there's the XYZ story again!"
- **Writing** down thoughts
- **Thanking** the Mind
- Say thoughts in ultra-**slow** motion, or **silly** voice; or **sing** them aloud
- **Noting** "thinking" (labelling)

**Prefrontal Cortex =
Thinking, planning,
labeling**



Amygdala

Kindness and Compassion

- Thoughts are not the enemy
- Can you hold them in friendly, interested awareness?
- Ask “How can I best look after myself right now?”
- Allowing yourself to be just as you are in this moment

Sushi Train 2 min 10 s

<https://www.youtube.com/watch?v=tzUoXJVI0wo>

Chessboard Metaphor

<https://www.youtube.com/watch?v=phbzSNsY8vc>

Thanking the Mind 1 min 45 s

<https://www.youtube.com/watch?v=206WtwEyqzg>

Struggle Switch

<https://www.youtube.com/watch?v=rCp1l16GCXI>

Radio Doom and Gloom

<https://www.youtube.com/watch?v=Bu2k0EGXAVo>

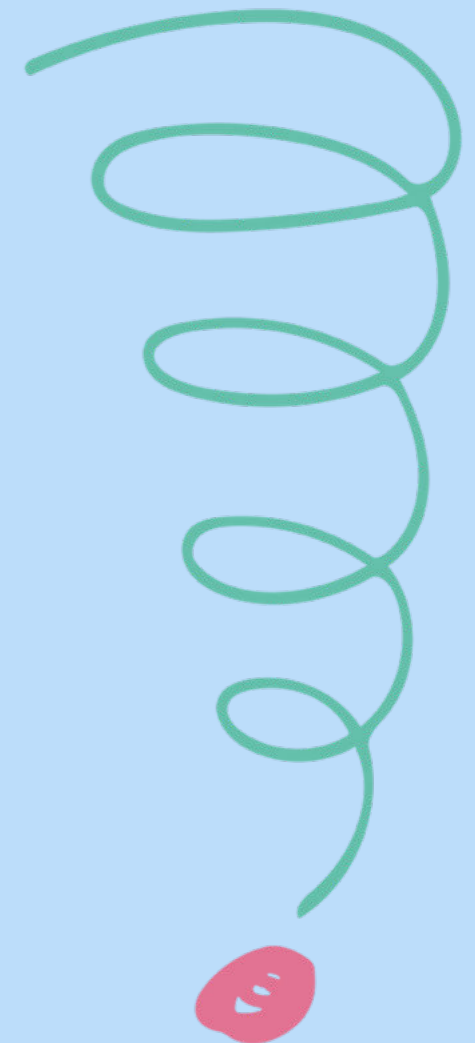
Jon Kabat Zinn: Thoughts are like Bubbles

<https://www.youtube.com/watch?v=w8Nsa45d0XE>

Early Warning Signs or Relapse Signature



- **Sleep** changes, inconsistent sleep/wake cycle
- Getting easily **exhausted** and/or more **irritable**
- Not wanting to deal with tasks like mail, bills etc.
Putting things off
- **Negative thoughts** and **feelings** "get sticky", hard to get distance
- **Giving up** on exercise, socializing
- **Eating** more or less, lack of interest in food
- Others? What are your own signals?



Questions for Discussion in Breakout Rooms - Groups of 3 or 4 -10 min

- What **triggers** emotional distress or depression for you?
- What sort of **thoughts, emotions** do you notice? What happens in your **body**? What do you **do or feel like doing**?
- What old **habits of thinking** or behavior might keep you stuck in painful moods? (ie. rumination, aversion etc)
- What in the past has **prevented** you from noticing and attending to warning signs and signals?
- How might you **include** friends and family in your early warning system?

Downward Spiral of Depression

NEGATIVE EXPERIENCES

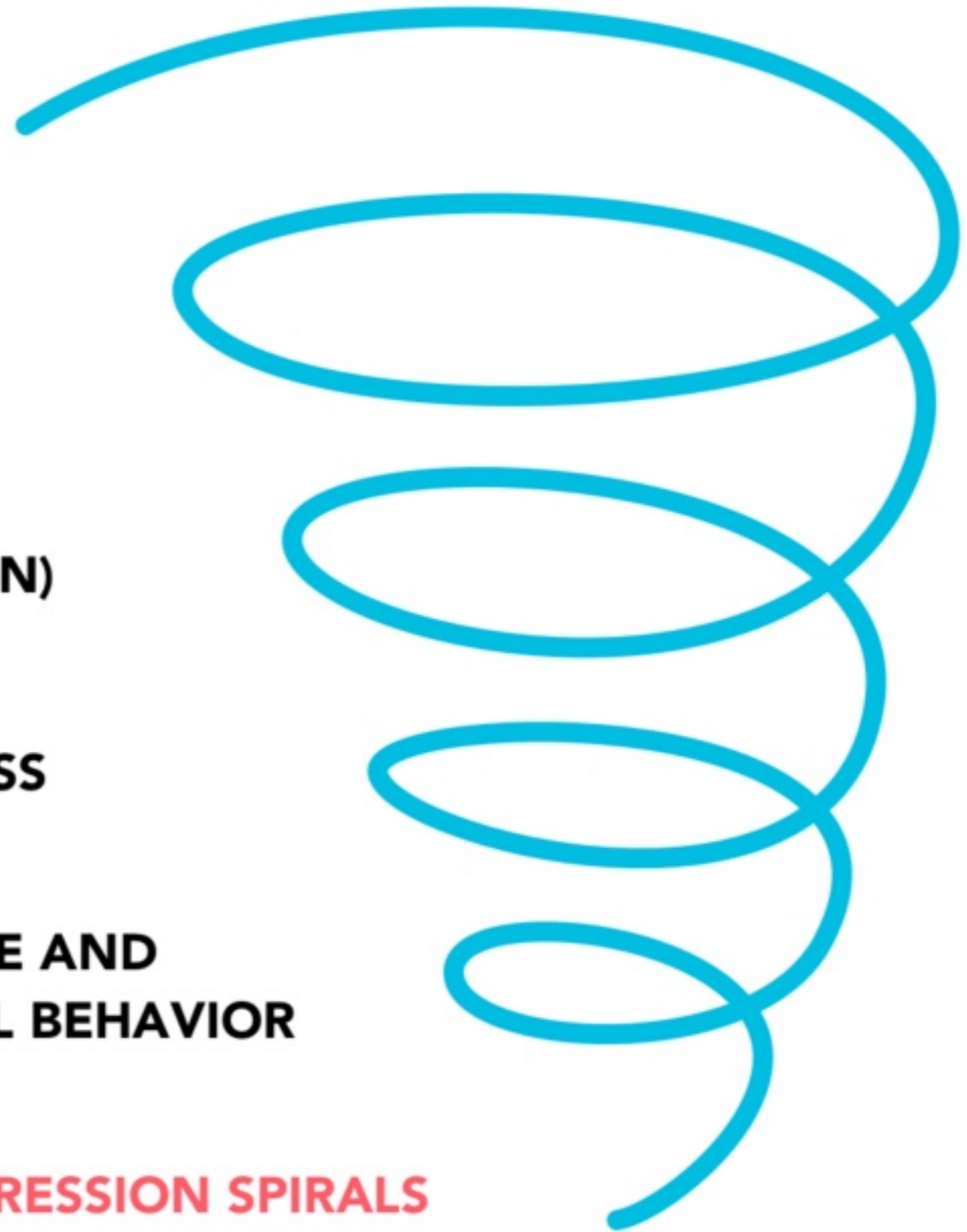
SUPPRESSED EMOTIONS

**REPETITIVE NEGATIVE
THINKING (RUMINATION)**

PHYSICAL DISTRESS

**AVOIDANCE AND
UNHELPFUL BEHAVIOR**

**DEPRESSION SPIRALS
OUT OF CONTROL**



Home Practice Week 6

1. Practice with your own selection from the new meditations and previous ones (audio tracks 4, 10, and 13) aiming for 40 minutes a day (e.g., 20 + 20).
2. 3-Minute Breathing Space—**Regular** and **Responsive**
3. Complete the **Working Wisely with Unhappiness and Depression Worksheet**. Include family members and friends if you like. They may also notice early warning signs if your mood is low.
4. Good for Me's!



MBCT Session 7: "How Can I Best Care for Myself?"

Theme

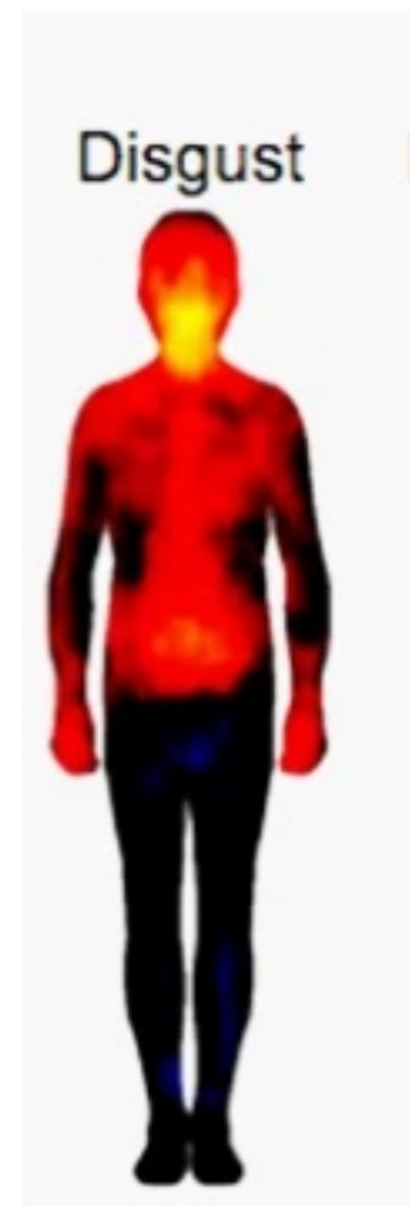
- *Using skillful action to take care of ourselves in the face of lowering mood*
- *Recognizing our personal pattern of warning signs*
- *Taking a breathing space, then caring for ourselves with acts that give pleasure and a sense of mastery, or a focus for mindfulness*

Each emotion has a *unique signature*

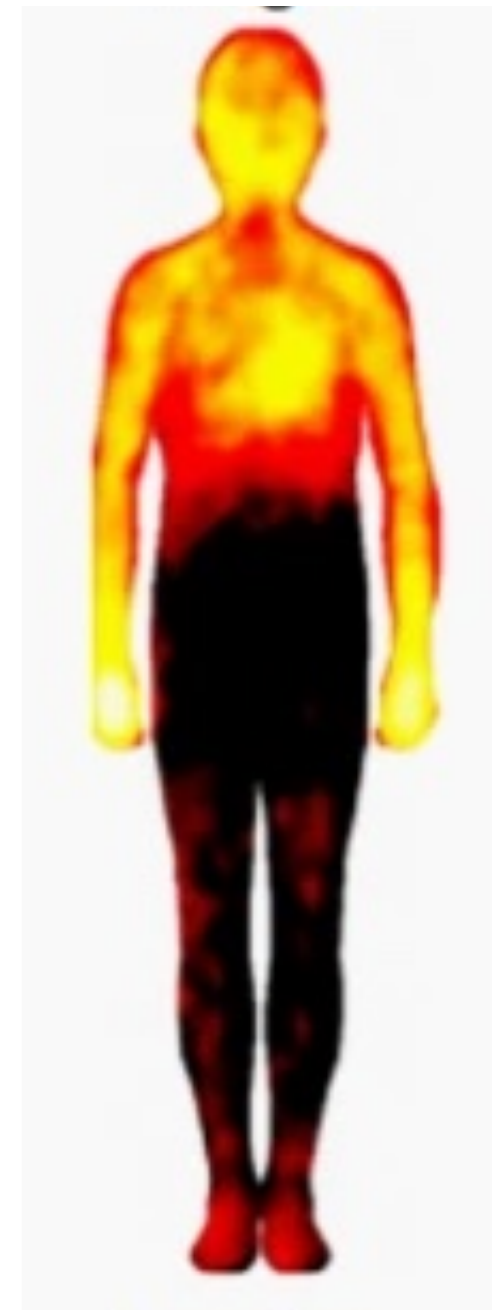
- Temperature
- Facial Expression
- Breathing
- Muscle tone
- Body posture
- Gesture
- Voice tone
- Typical Prompts
- Action urges



Disgust



Anger



Prompt/Situation
Violation
Being Blocked



Action Urge
Confront
Fight

Joy

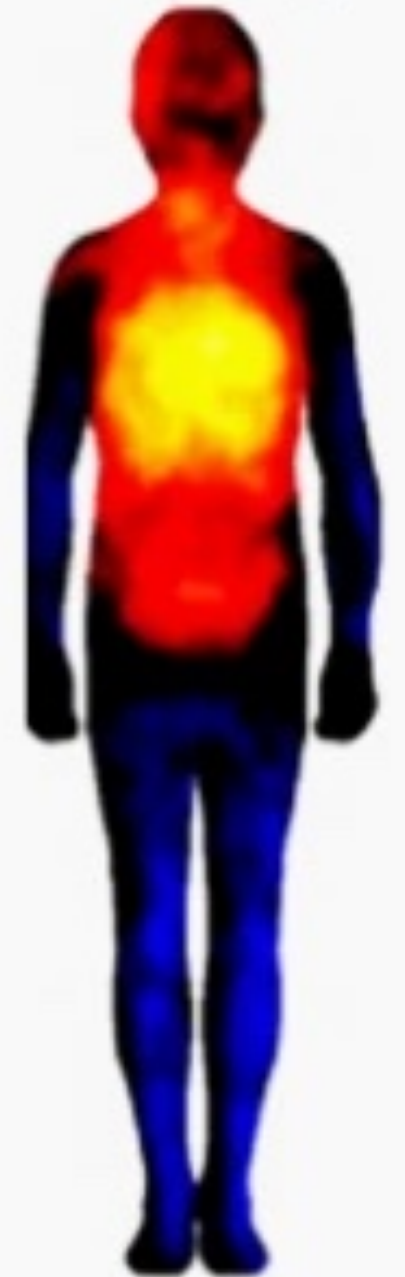


Prompt/Situation
Satisfying Event



Action Urge
Share

Fear

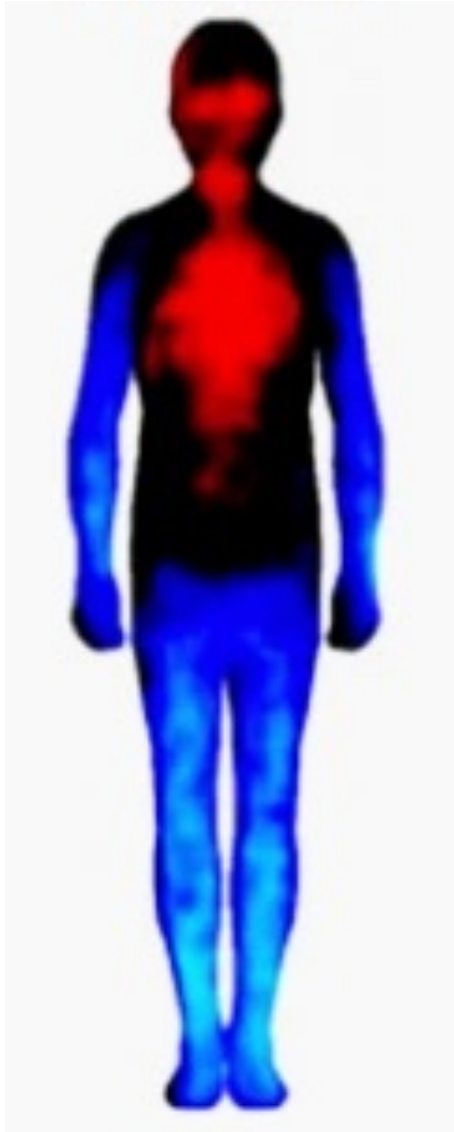


Prompt/Situation
Threat



Action Urge
Flee
Avoid
Be vigilant

Sadness

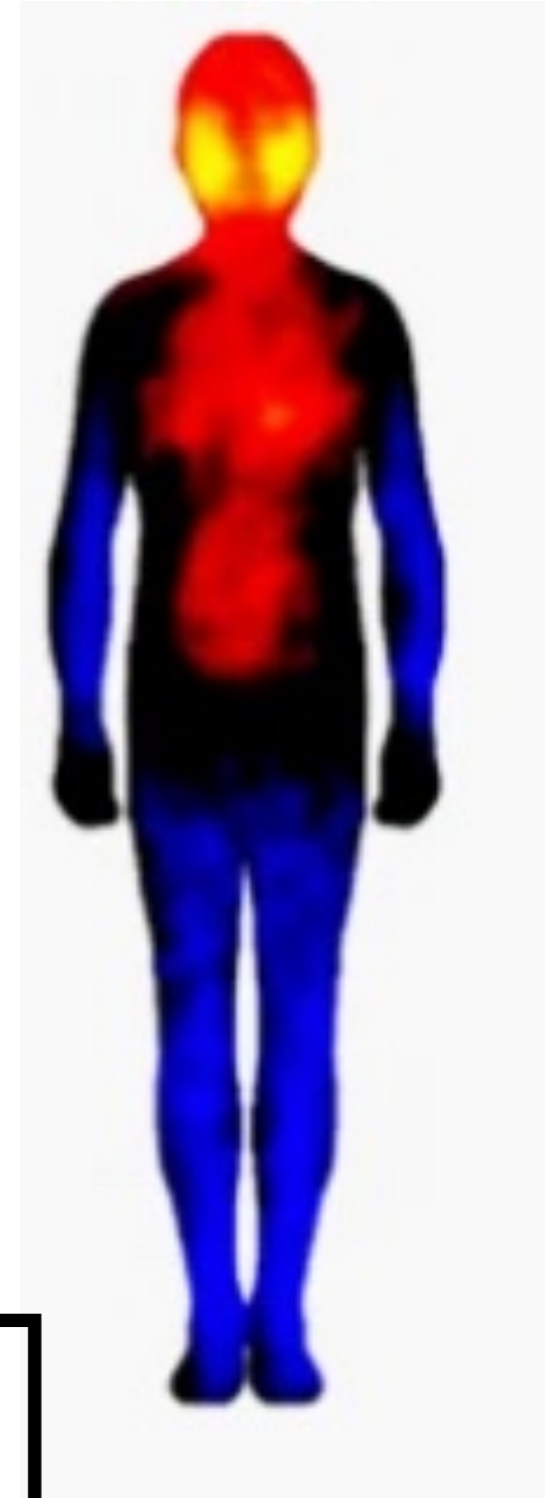


Prompt/Situation
Loss



Action Urge
Withdraw from
demands

Shame

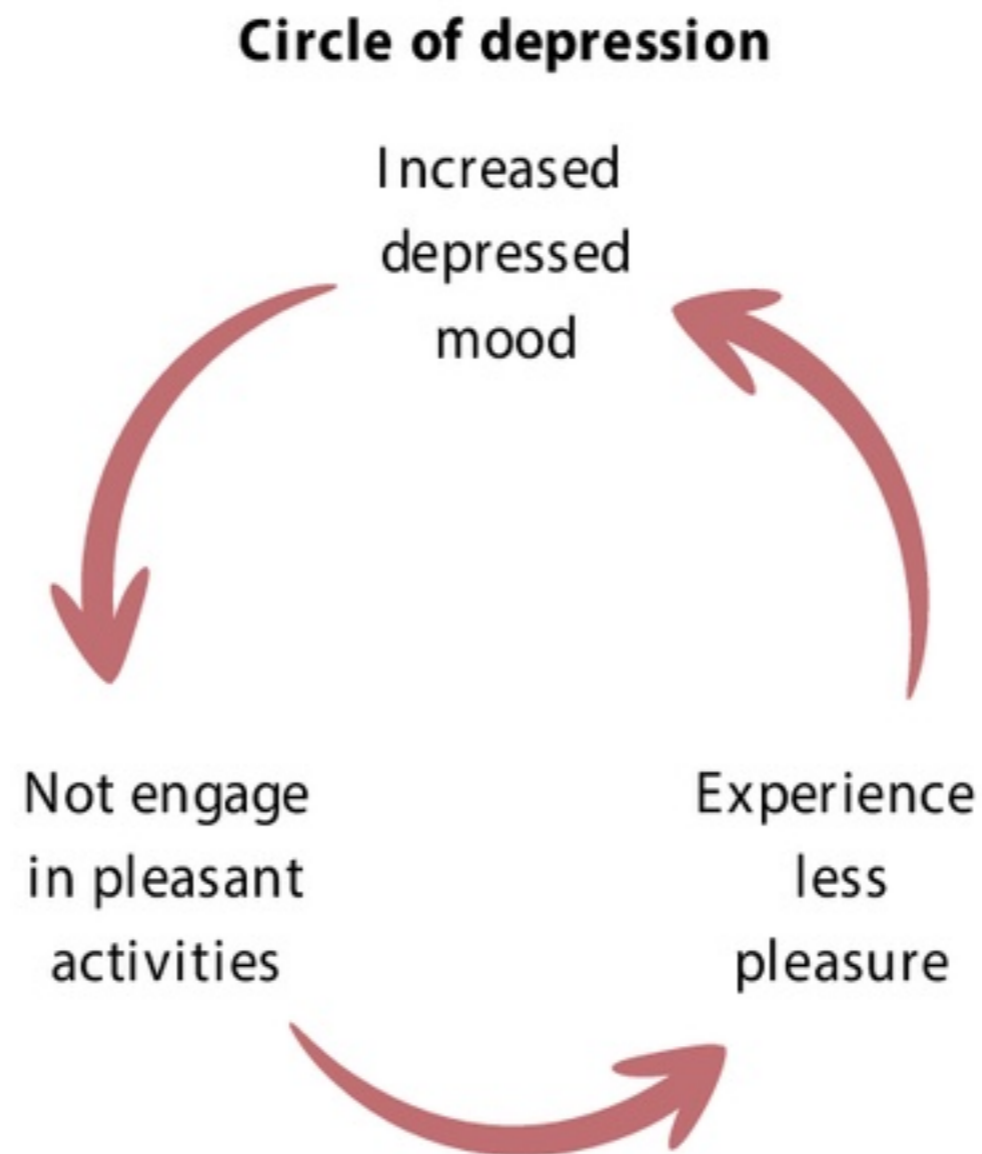


Prompt/Situation
Thought of Inadequacy

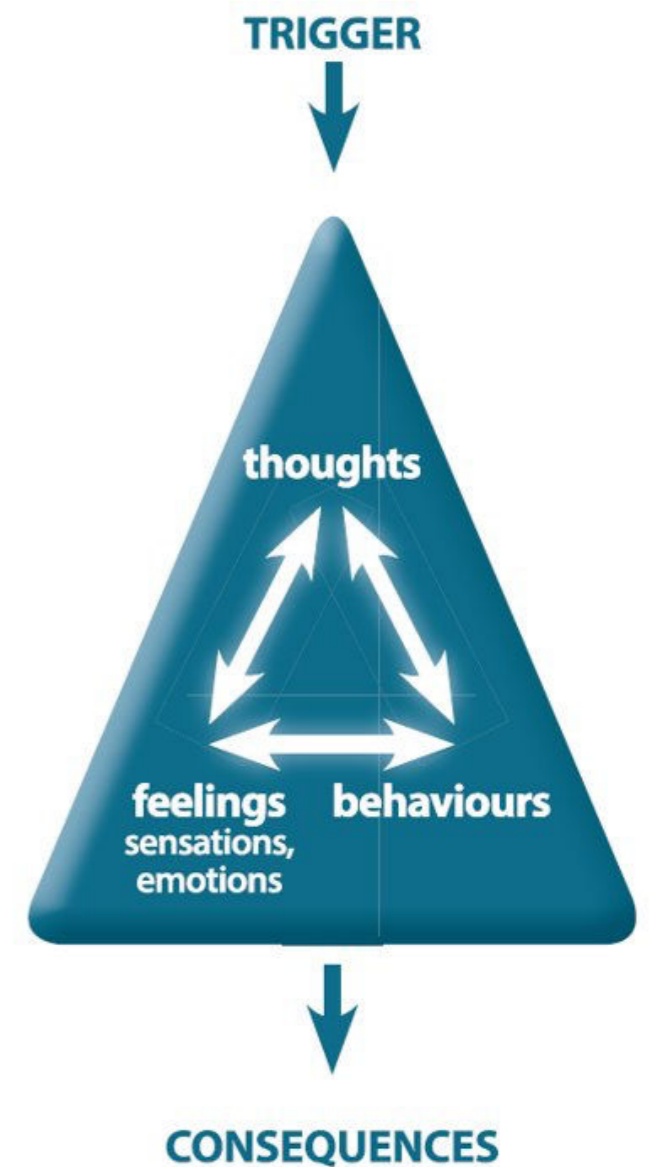


Action Urge
Hide

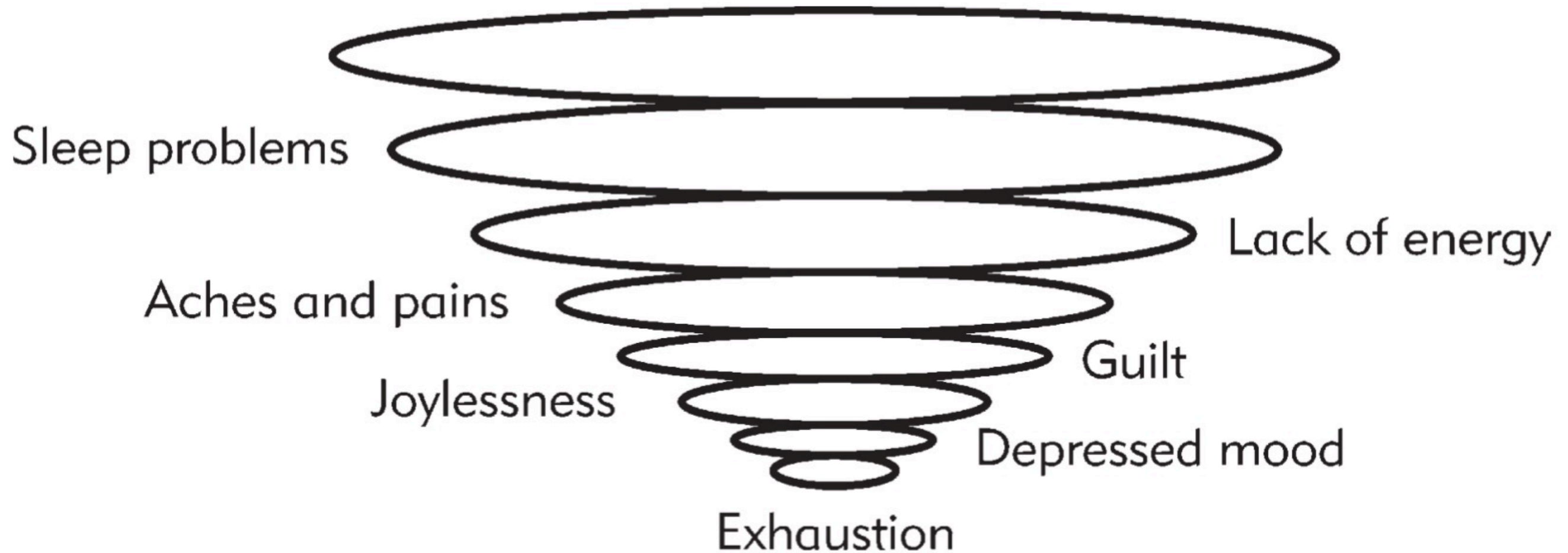
In depression, **feelings of guilt and hopelessness**, coupled with **depressive thoughts**, make it **hard to take action** to care for self



- “I’m balancing being a mother, work, a wife, the home. Where do I have time for myself?”
- “I have to care for my elderly parents. It would be wrong to put myself first”
- “You can only do something nice for yourself after your obligations to others and work are satisfied”

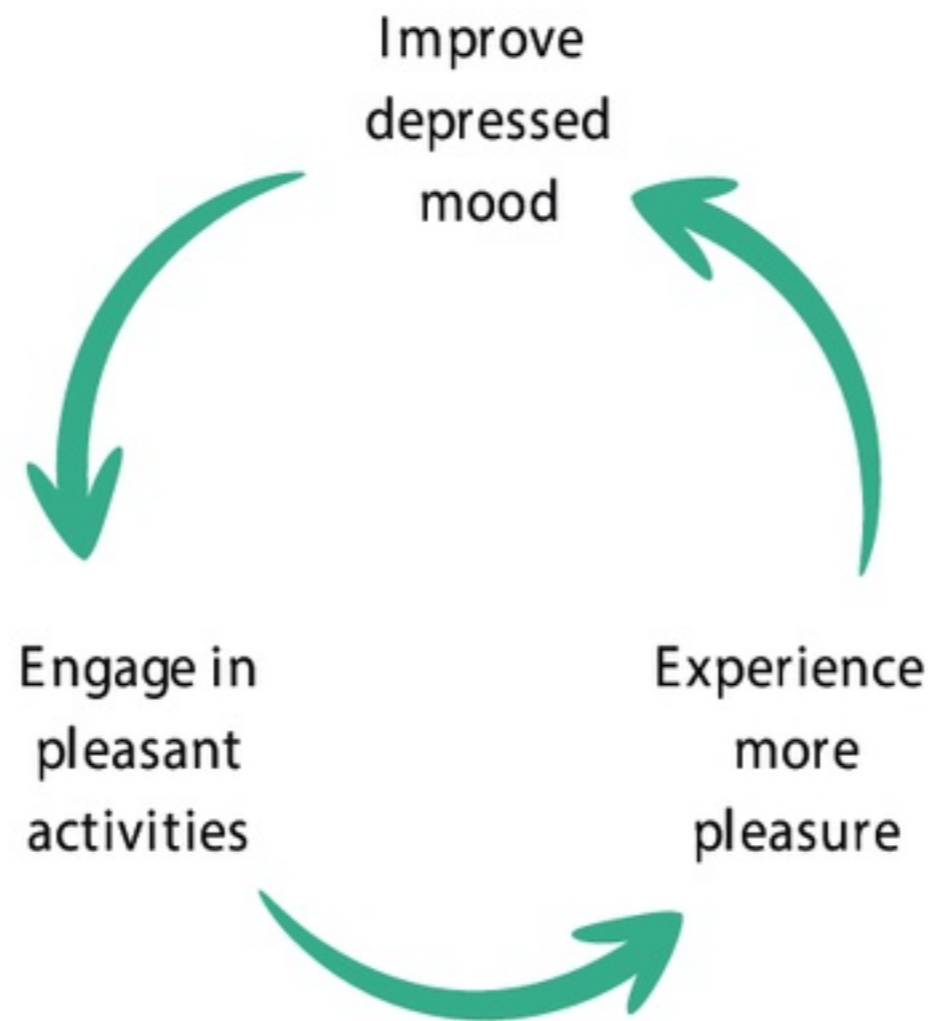


The Exhaustion Funnel -> what happens when we give up what seems "optional" and nourishes us



Opposite Action for Depression = Behavioral Activation

Circle of behavioral activation



Nourishing and Depleting Events

- Write down all the activities you participate in during a typical day, then label as:
 - D - depleting = unpleasant, discouraging, tiring, frustrating, draining, or
 - N - Nourishing = refreshing, energizing, pleasurable, satisfying
- We often pay more attention to depleting activities

Mastery and Pleasure

- **Pleasure** activities: give enjoyment or pleasure
- **Mastery** activities: give a sense of accomplishment, satisfaction or control
- Weave them into your life NOW, while your mood is good and before you get stressed, exhausted or depressed
 - Can booster your mood faster
 - Life presently becomes happier and more satisfying
- **Can you label your list with M and P activities? Can you think of more M/P activities you could add?**

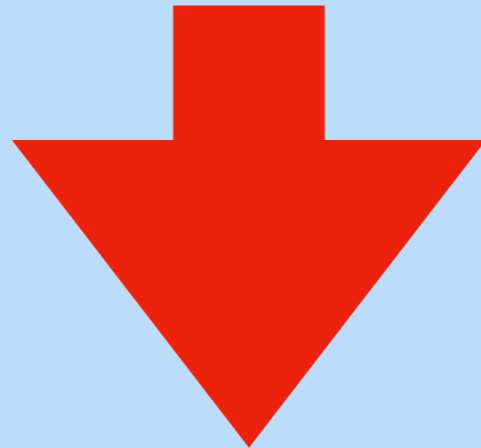
In Depression, Motivation Works Backwards

- When not depressed: Can wait until want to do something
 - In depression, have to do something **before** wanting to do it. Best **NOT** to wait until **feel** like it (use opposite action)
- When not depressed, if tired, rest can refresh
 - When depressed, resting can actually **increase** tiredness. Best NOT to give up activities to rest

Extra tips for Taking Action when Mood is Low

- Perform the **actions as an experiment**, without pre-judging how you will feel after, keep an open mind, consider “exploring” and “inquiring”
- Remember **baby steps, chunking the day, energy budget** (chapter 6)
- Consider a **range of activities** rather than a few

Responsive Breathing Space



Choose one of four

Re-entry

Mentally re-enter the original situation with a new mode of mind

Body

Bring open, friendly awareness to body sensations linked to the difficulty

Thoughts

Consciously approach any negative thinking patterns as mental events

Action

Take care of yourself with pleasure, mastery and mindful action

Intentions Matter!

- **How** we do mastery/pleasure activities matters
- Do the activity with the intention to ***care for yourself*** rather than “getting rid of sadness/anxiety”
- Kindness heals; Unkindness (aversion) hinders
- Ask “***How can I best take care of myself right now?***”

Extra tips

Don't expect miracles or put extra pressure on yourself to achieve dramatic results

Take small steps in a valued direction

Even **1%** change in the right direction is important

Remember, don't wait until you ***feel*** like doing it

We can change how we *feel*
by changing what we *do!*

Action Plan Breakout Room

- Consider how to skillfully respond when mood drops
- In the past, what has helped when you were becoming depressed?
- What might be a skilful response to the pain of depression? How could you respond to the turmoil of thoughts and feelings without adding to it?
- How can you best care for yourself at this difficult and painful time (e.g., things that would soothe you, activities that might nourish you, people you might contact, small things you could do to respond wisely to distress)?
- What obstacles might you encounter and how will you deal with them?
- Let the past experience of relapse be the teacher

Home Practice Week 7

1. From all the different forms of formal mindfulness practice you have experienced, **settle on a form of practice that you intend to use on a regular, daily basis**
2. Complete the Action Plan (Session 7–Handout 4). Feel free to include others—family or friends—in planning
3. 3-Minute Breathing Space—***Regular and Responsive plus action***
4. **Good for Me's!**

TENDER

SELF-COMPASSION



**ACCEPTING
OURSELVES**

FIERCE

SELF-COMPASSION



**TAKING
ACTION**







MBCCT Session 8: Maintaining and Extending New Learning

Theme

- *Planning for a new way of living. Maintaining and extending a more mindful and caring way of being requires clear intention and planning*
- *It is helpful to link intentions for regular mindfulness practice to a personally significant value or positive reason for taking care of oneself*

Course Aims

1. **Recognize and respond earlier** and more **skillfully** to the habitual patterns of mind that create emotional distress and entangle you in persistent emotional suffering
2. Cultivate a **new way of being**:
 - Where destructive patterns of mind less likely to be triggered
 - To live all of life with greater well-being, ease and satisfaction
 - Ready to trust the mind's inner wisdom to guide you, with kindness, through emotional turmoil

Course Review

- Mindful Eating, Body Scan, Walking Meditation, Sitting Meditation, Yoga and Mindful Movement, 3 Minute Breathing Space
- Bringing Awareness to Routine Activities
- Pleasant and unpleasant events
- Territory of depression including automatic thoughts
- Awareness of aversion signature and early warning signs

Core Features of “Being” Mode


- Living with awareness and conscious choice (vs on “automatic pilot”)
- Knowing experience directly through senses (vs. through thinking)
- Being here, now, in this moment (vs dwelling in the past or the future)
- Approaching **all** experience with interest (vs avoiding the unpleasant)
- Allowing things to be as they are (vs **needing** them to be different)
- Seeing thoughts as mental events (vs as necessarily true and real)
- Taking care of yourself with kindness and compassion (vs focusing on achieving goals regardless of the cost to you or others)

Ways the course can be helpful - from past participants

- Knowing what pulls mood down and recognizing **early warning signs**
- Learning new ways to **step out of patterns of negative T/F**
- Seeing negative T/F differently - as part of emotional packages, **not "me"**
- Feeling **less helpless** in the face of unwanted emotions
- Feeling **less alone** - seeing that many other people experience depression or other difficult emotions and that it is not "just me"
- **Being kinder** and **less critical** to myself
- **Valuing myself more** - recognizing and meeting my own needs

Breakout Rooms

- Thinking back to why you came originally—what were your expectations and why did you stay?
- What did you want/hope for?
- What did you get out of coming, if anything? What did you learn?
- What were the costs to you?
- What are your biggest blocks/obstacles to continuing?
- What strategies might help you not get stuck?



Moving Forward, Keeping up the Momentum
Sustaining Practice Exercise

One Reason for Sustaining Practice Exercise

- Giving yourself a positive reason to sustain mindfulness practice, linked to something about which you care deeply, can be enormously empowering
- Clear intentions are tremendously important and remind us of what we truly value
- ***What is one positive reason for sustaining the practice and having relapse prevention strategies in place?***

Formal Practice

- Daily practice (even if short) is preferable to longer, less frequent practice
- Finding a community is helpful
 - <https://www.bcalm.ca>
- Consider retreats, other courses

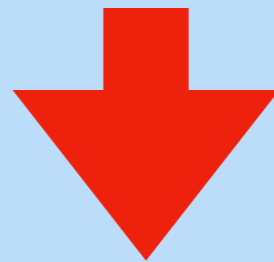
Informal Practice Tips

1. When possible, do **one thing at a time**
2. Pay **full attention** to what you are doing
3. When your mind wanders from what you are doing, **bring it back**
4. **Repeat** step 3 **several billion times**
5. **Investigate** your **distractions**

- The **Three Minute Breathing Space** is the **single most important practice** in the whole MBCT program. Your way to **switch into being mode** when you most need to
- Suggested to do **one responsive breathing space per day**

Responsive Breathing Space

- Step 1: Recognize and acknowledge current experience: T/F/BS
- Step 2: Gather attentiveness on the movements of the breath
- Step 3: Expand awareness to the body as a whole, then to all present experience



Choose one of the four

Re-entry

Mentally re-enter the original situation with a new mode of mind

Body

Bring open, friendly awareness to body sensations linked to the difficulty

Thoughts

Consciously approach any negative thinking patterns as mental events

Action

Take care of yourself with pleasure, mastery or mindful action

Break out Rooms

- In small groups, discuss your action plans, consider including warning signs
- Discuss obstacles and how you might deal with them

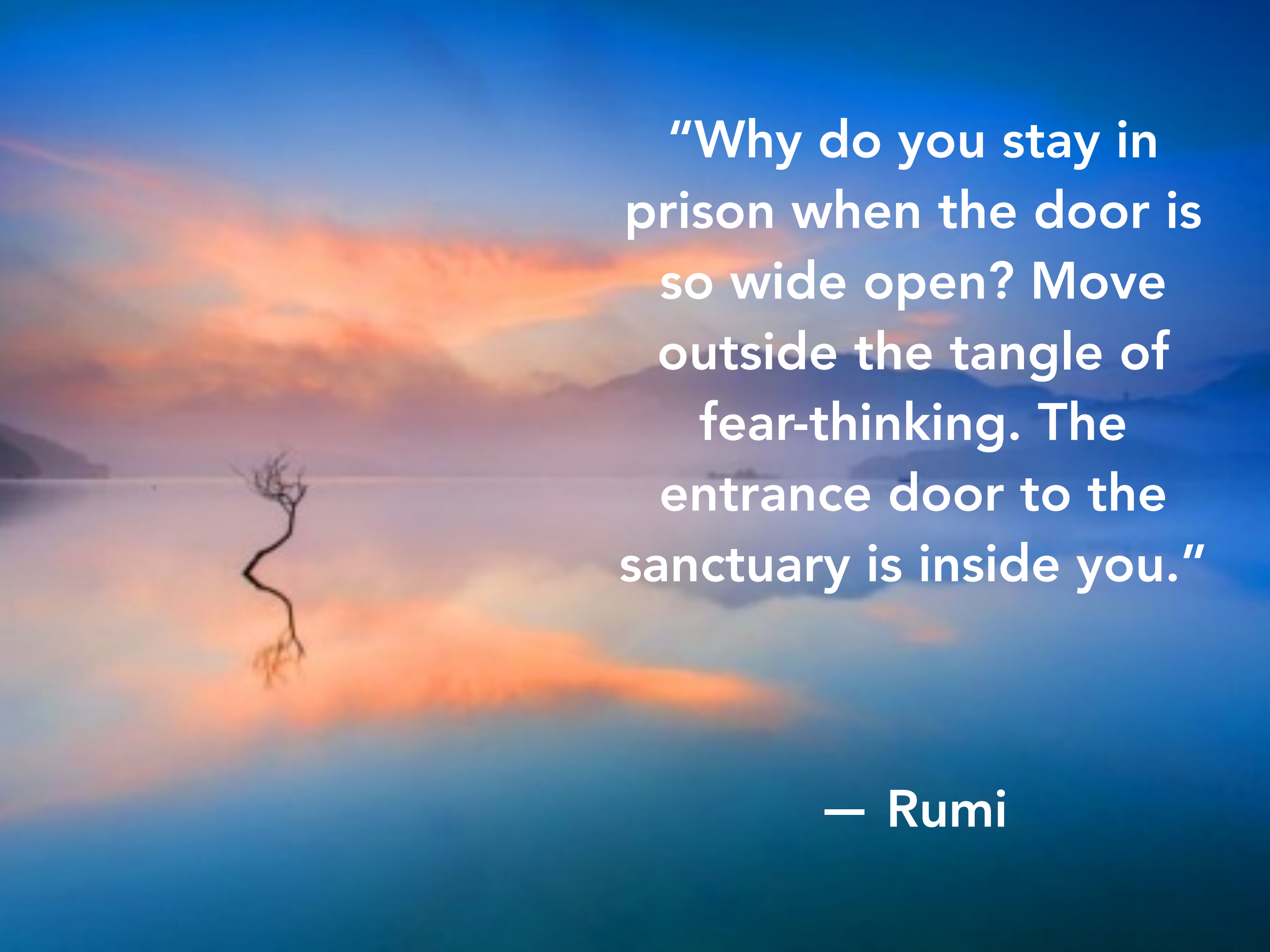
Be Empty of Worrying by Rumi

Be empty of worrying
Think of who created thought
Why do you stay in prison
When the door is so wide open
Move outside the tangle of fear thinking
Live in silence
Flow down and down
Into always widening
Rings of being

The real Week 8 is the rest of our lives

- Jon Kabat-Zinn





**“Why do you stay in
prison when the door is
so wide open? Move
outside the tangle of
fear-thinking. The
entrance door to the
sanctuary is inside you.”**

— Rumi

Resources

- Handout
- Audio: www.guilford.com/MBCT_audio
- Center for Mindfulness Studies app
- Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION <https://www.youtube.com/watch?v=u4gZgnCy5ew>
- The Mindful Way Workbook by Teasdale, Williams and Segal

Booster Groups



Past participants have asked for opportunities to go deeper in the following areas:

- ✓ **Cognitive Distortions: All about Thoughts,**
- ✓ **Values: How to use in Daily Living,**
- ✓ **Self-Compassion: Yes, it's hard but it's worth it and**
- ✓ **Avoiding Avoidance** (Procrastination and Perfectionism)

Booster Format

Called “**booster groups**” - to “boost” or further integrate your knowledge and comfort with the material from Level 1

- ✓ Focused on **practice** and using the **tools**
- ✓ Each group has a go around, and break out rooms to learn from each other
- ✓ 4 weeks, 90 min per week

Level 2 Offerings

CBT for Insomnia

- 4 weeks - Gain a better understanding of sleep, insomnia, and the obstacles to restorative sleep. Skills include sleep diary and relaxation exercises

Introduction to Mindfulness

- 8 weeks - Introduction to a variety of mindfulness and compassion practices to support your wellbeing

For a different focus, consider:

- **Raising Resilient Kids**

- 8 weeks - For **caregivers with kids 0-6** to learn skills to prepare and support you in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting

- **ADHD Skills for Success**

- 8 weeks - For **adults with a past or current diagnosis of ADHD**. Uses evidence-based strategies to help set realistic goals, prioritize, manage time, and reduce distractions. Participants will use the group to develop consistent habits and will learn skills to cope with feeling overwhelmed



Resources

- Resources in Appendix of Foundations Workbook
- Healing Through Reading: Bibliotherapy
 - <https://www.bibliotherapy.ca/>
- Wellness Together
 - <https://www.wellnesstogether.ca/en-CA>

