

Session 2

Body Scan CD

Just as you did last week, use the Body Scan CD or download

<https://soundcloud.com/fiona-mckechnie108681984/15-min-body-scan-fiona-wright/s-OcfX3>

<https://soundcloud.com/fiona-mckechnie108681984/half-hour-body-scan-fiona-wright/s-1NJPz>

Anchoring practice

At a different time from when you do the body scan, practise 10-15 minutes of anchoring using body, breath, sounds or vision. Make yourself comfortable, notice your surroundings and where you are physically in contact with the ground, clothes, a surface etc. Notice your breath flowing and the movement of the body and what you can see. Notice where you feel grounded or a sense of steadiness or softness and anchor your attention there, when it wanders off, don't worry come back to the anchor when you can.

This provides an opportunity to become aware of what it feels like to be connected and present in the moment without having to do anything.

Landing/anchoring 10 minutes

<https://soundcloud.com/fiona-mckechnie108681984/arrivallanding-practice-10-mins/s-hW1hz8wCID4>

Awareness of a Routine Activity

Walking - go for a walk - it maybe a walk you do very often or maybe you choose to "go for a walk". If walking is difficult then do this while walking inside around your home. If you use a wheelchair be aware of the feeling of movement.

Moving mindfully can allow us to pause, be calmer and put things in perspective. The aim is to walk as mindfully as you can for the whole walk or just a part of the walk you usually do. Focus your awareness on your feet as they land on the ground, feel the movement of your legs and perhaps be aware that your whole body moves as you walk. Pay attention to sights, sounds, smells. See if it's possible to be open to all your senses. You could try stopping and looking upwards to. Try to walk mindfully for a few minutes each day.

Reflections

Reflections after the session

Experience of following the guided practice at home (e.g. which practice, how long, what did you notice)

Thoughts about mindful activity

Anything else (e.g. pleasant events/soothing.)

Pleasant Events Diary

Record one entry per day on the Pleasant Events Diary. Use this as an opportunity to become really aware of the thoughts, feelings and body sensations that are present in one pleasant experience each day. Notice and record, as soon as you can, and in detail (e.g. put the actual words or images that thoughts came in, and the precise nature and location of bodily sensations).

Perhaps also begin to notice what soothes you and is this same as a pleasant experience or is it something else?

Name: _____

PLEASANT EVENTS: Be aware of a pleasant event at the time it is happening. Use these questions to focus your awareness on the details of the experience as it is happening. Write it down later

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 this down?
e.g. Heading home at the end of my shift – stopping and hearing a bird sing	Yes	Lightness across the face, aware of shoulders dropping, uplift of corners of mouth	Relief, pleasure, “that’s good”, “how lovely” (the bird), “it’s so nice to be outside”	It was such a small thing but I’m glad I noticed it
Date:				
Date:				
Date:				

Name: _____

PLEASANT EVENTS: Be aware of a pleasant event at the time it is happening. Use these questions to focus your awareness on the details of the experience as it is happening. Write it down later

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 this down?
Date:				
Date:				
Date:				
Date:				