

## Home Practice for Week Following Session 6 THOUGHTS ARE NOT FACTS

*Awareness is not the same as thought. It lies beyond thinking, although it makes use of thinking, honouring its value and power. Awareness is more like a vessel which can hold and contain our thinking, helping us to see and know our thoughts as thoughts rather than getting caught up in them as reality*

Jon Kabat-Zinn, Mindfulness Meditation for Every Day Life

### 1. Practice with tracks

On one day practice the sitting meditation, on the other day practice with your own selection from the tracks. See if you can maintain some stretching every day.

#### **25 minute "Sitting" practice – can be done in lying, standing etc!**

<https://soundcloud.com/fiona-mckechnie108681984/sitting-practice-25-mins/s-DgF59SMNVHe>

#### **Landing/arrival 10 minutes**

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

### 2. Three Minute pause

Practise the regular Three Minute pause three times a day, at times that you have decided in advance.

<https://soundcloud.com/fiona-mckechnie108681984/3-minute-pause/s-I9yMnZ8Cq2d>

### 3. Pause to cope

Practise pausing WHENEVER YOU NOTICE UNPLEASANT THOUGHTS OR FEELINGS. Pay particular attention to THOUGHTS. If negative thoughts are still around then try writing them down. You could use this practice or try pausing without guidance, noticing how you are and tapping gently into what you need.

<https://soundcloud.com/fiona-mckechnie108681984/managing-challenging-times/s-kee8k2snCWQ>

#### **4. Thoughts Table (Page 3)**

See if you can notice or think about times when you feel exhausted and overwhelmed, or under pressure or energetic (aspects of the boom and bust cycle), and identify as best you can the thoughts, feelings and reactions that are around then. Noticing which emotional system you are in can be helpful too.

Don't rush this. Becoming familiar with the signals that tell us a familiar habit is arising, *and developing a skilful range of responses*, are a crucial part of learning to respond wisely to fatigue, pain, stress and other symptoms. Use pauses and anchoring if you wish to centre yourself as you reflect on the task.

#### **5. Activity (from Finding Peace in a frantic world, Penman and Williams)**

Think back to a time when life was easier and recall in as much detail as you can some of the activities you used to do. They may be things you did by yourself (reading a magazine, listening to a particular track of music, going for a walk) or with others (e.g. playing cards or board games or going to the theatre, phoning a friend rather than texting). Choose one of these activities and plan to do it this week, it may take you 5 mins or 5 hours. It may be important or trivial, the important thing is that it should put you back in touch with a part of your life you had forgotten... Don't wait until you feel "in the mood" do it anyway, even if you have to adapt it to suit your current abilities, do it and see how it feels.

#### ***Reflection on this activity***

What you did; how it felt; what you learnt

### **The impact of Thoughts**

Make a note of thoughts and the impact they have on your feelings, sensations in your body and what you feel like doing. Sometimes you may be aware that you have thoughts about your body sensations, check out how the physical sensations may change depending on the thought. (e.g. I feel pain in my shoulder, I may feel frustrated, have the thought "Oh no, I'll never sleep" and then notice I have tension in my jaw and feel like eating.)

<b>Thoughts?</b>	<b>Emotions? Which regulation system are you in?</b>	<b>What do you feel in your body?</b>	<b>What do you feel like doing?</b>

## **Reflections**

*Reflections after the session*

*Experience of following the guided practice at home- practice with and without guidance (e.g. which practice, how long, what did you notice)*

*Thoughts about mindful activity*

*Anything else*