



## 8 Week Mindfulness-Based Stress Reduction Course

### Introduction:

Welcome! This course has been designed to help you build your Mindfulness Practice step-by-step. If you have completed our Introduction to Mindfulness Practice Course you can skip straight to week 4 or feel free to repeat the first 3 weeks.

### What to expect from this course:

- Mindfulness helps us to raise our own self-awareness by paying attention to what's going on in our mind and changing how we react to it. **Raising our self-awareness** is beginning to notice how we process our experiences. When something happens what do you think? How does that make you feel?
- That being said, **everyone's experience is uniquely their own**. This 8 week course will act as your toolbox to be applied to your own inner world and experience. It will guide you step by step on how each tool can be used, but ultimately, no one can transform your mindset but you. Your practice will grow organically with practice.
- **Practice is key to creating change**. It takes 8 weeks to create a habit. 8 weeks of steering yourself away from how you normally respond to a new way of responding. It may seem like an effort to remind yourself of these new tools, but ultimately the goal is to be able to do these automatically and create a new go-to way of thinking. Mindfulness isn't something you pick up and put down when you need it.
- It's recommended to **set aside at least 15 minutes** uninterrupted time, around the same time each day, to practice. Ideally when you are not hungry or tired and you can inform those around you that you would like to remain uninterrupted.
- Each week's module will be made up of a lesson, a reflection journal for you to fill out and a meditation practice for you to do each day for the 7 days.

If you have any questions, leave them in the comments below the lesson and I will get back to you.