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MBSR Week 1

Formal Practice	Informal Practice
• Body Scan at least 6 times.	• Eat one meal (or one bite) mindfully. • Attempt to solve the 9 dots exercise, while noticing how you go about solving it.

Day/date	Practice	Comments

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MBSR Week 2

Formal Practice	Informal Practice
• Body Scan at least 6 times. • Sitting Meditation (with breath) at least 6 times for 10 minutes.	• Fill out one entry per day of the *Pleasant Events Calendar*. • Choose one daily activity to bring full awareness to for the week.

Day/date	Practice	Comments

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MBSR Week 3

Formal Practice	Informal Practice
• Alternate Body Scan with Lying-down Yoga every other day, at least 6 times. • Sitting Meditation (with breath, body) at least 6 times for 15 minutes.	• Fill out one entry per day of the *Unpleasant Events Calendar.*

Day/date	Practice	Comments

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MBSR Week 4

Formal Practice	Informal Practice
• Alternate Body Scan with Lying-down Yoga every other day, at least 6 times. • Sitting Meditation (with breath, body, sounds) at least 6 times for 20 minutes.	• Be aware of stress reactions and behaviours (e.g., feeling stuck, blocking, numbing, and shutting off) the moment it happens, without trying to changing them. • Review information about stress in manual.

Day/date	Practice	Comments

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MBSR Week 5

Formal Practice	Informal Practice
• Alternate Sitting Meditation (choiceless awareness) with Standing Yoga on days 1,3,5. • Alternate Body Scan with Lying-down Yoga on days 2,4,6.	• Fill out one entry pre day of the *Difficult Communications Calendar.* • Bring awareness to moments of reacting and explore options for responding with greater mindfulness, spaciousness, and creativity, using the breath as an anchor.

Day/date	Practice	Comments

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MBSR Week 6

Formal Practice	Informal Practice
• Alternate Sitting Meditation (choiceless awareness) with Body Scan on days 1,3,5. • Alternate Standing Yoga with Lying-down Yoga on days 2,4,6.	• Bring awareness to moments of reacting and explore options for responding with greater mindfulness, spaciousness, and creativity, using the breath as an anchor.

Day/date	Practice	Comments

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MBSR Week 7

Formal Practice	Informal Practice
• Practice any of the meditations (Body Scan, Sitting Meditation, Lying-down or Standing Yoga, Walking, Loving-Kindness) on your own without the recordings.	• Practice informally by being as aware and awake as possible throughout the day.

Day/date	Practice	Comments