

# MBSR Expectations

## Practice & Learning Suggestions

Mindfulness Based Stress Reduction program is an eight week course designed to teach people how to better take care of themselves and participate fully in improving the health and quality of their lives as they work with various types of “stressors” or suffering that is limiting the life that they would like to live. Before participating in the Mindfulness-Based Stress Reduction course we ask that you please consider these few things before you enroll in class.

### **To make a personal commitment to MBSR meditation practice.**

We encourage 45-60 minutes daily meditation at least 6 days per week for the next 8 weeks. Your commitment is essential. It is the *practice* of mindfulness meditation that will enable you to realize its benefits. This commitment can be a challenging one, and may require a lifestyle change. You may have to rearrange your schedule to allow time for daily practice, carving out time from other activities. Once you taste the benefits of MBSR, then you may find that maintaining a daily practice becomes easier and highly rewarding.

### **To make a personal commitment to practice mindfulness in daily living (informal mindfulness practice).**

We can bring mindfulness to eating, walking, driving, interpersonal relationships, anytime throughout the day. This conscious act of remembering and bringing attention to the present moment and simple activities throughout the day, enhances your formal meditation practice. Both formal and informal practice are just that, practice at being fully present to each moment as life unfolds just as it is.

### **To put goal attainment on hold.**

Putting aside any desire to use MBSR to reach a certain objective (e.g., relaxation, pain relief, inner peace) will allow you to fully experience a primary part of the program, which is “non-doing” or “non- striving.”

### **To approach your practice with an attitude of kindness, compassion, gentleness, openness and inquisitiveness toward yourself and others.**

Your role is to just observe, developing a deeper awareness.

I commit to practice mindfulness, formal and informal, daily (at least 6 days each week) for the next eight weeks.

\_\_\_\_\_ (signature) \_\_\_\_\_ (date)