



## **Mindfulness for Living Online Course Content**

### **Course Introduction**

MFL is a small group course based on MiCBT. The course integrates the insights of Mindfulness with those of CBT (Cognitive Behaviour Therapy). Mindfulness teaches you how to stay calm, non-reactive and stable, in spite of what might be going on around you.

At each session a new Mindfulness practice is taught and a link provided to the guided meditation for that week. Participants can download the practices to their device and keep them + bonus meditations at the conclusion of the course.

### **Session 1: Introduction to Mindfulness**

Introduces Mindfulness. Outlines course trajectory; participants set personal and group goals, rates them; practice requirements, commitment encouraged; causes, symptoms and effects of stress explained; importance of life-balance, developing resilience.

### **Session 2: Stress – Mind and Body**

Participants learn about cycles of reactivity and how they can damage our wellbeing; relationship between body and mind; effects of thoughts, thought suppression and rumination.

### **Session 3: Body Sensations**

Change, doubt, discomfort, adherence to practice in spite of difficulties; effects of body sensations, how we can change them to reduce distress; body and mind are affected when we are upset; knowing how to manage both gives you a headstart to feeling better.

### **Session 4: External Context**

Participants are now ready to take their skills forward. They learn how to use Mindfulness practices to manage difficult situations that have not yet occurred, but that are anticipated to arise in the near future.

### **Session 5: Experiential Ownership**

Participants learn how to diffuse potential and expected interpersonal conflicts where unhealthy cycles usually occur, contributing to improved relationships and understanding between people.

### **Session 6: Assertiveness Skills**

Continues focus on interpersonal communication; assertiveness skills, presents a model for participants to try out. Contributes further to participants' capacity to handle difficult interpersonal situations.

### **Session 7: Developing Empathy**

Ethical principles of Mindfulness, why they are important; empathy and compassion, interconnectedness of all things; relapse and relapse prevention.

### **Session 8: Summary and Conclusion**

Course summarised, goals checked and rated; ratings compared with the those taken at first session to mark progress. Final questions, practice, discussion of optional follow-up sessions.

### **Conclusion**

Mindfulness training gives you skills to managing stress and all stress-related conditions, as well as unknown difficulties that have not yet occurred. Life-long skills for your wellbeing.