

Dear Mindfulness Group Member:

Once again, welcome to the class! Each week, we will be sending out a brief e-mail to recap the class, remind you about the homework assignments, and offer an extra mindfulness tip.

In Session 1, we set the ground rules for the class and explored the importance of creating a safe space through confidentiality and not giving advice to others. We introduced mindfulness as the awareness that arises by paying attention in a particular way; on purpose, in the present moment, and non-judgmentally. We also introduced formal and informal practices. A formal practice is when we close our eyes and are guided through a practice or listen to an audio track. An informal practice is when we bring our keen sense of present moment awareness to something we are already doing, like petting the cat, drinking a cup of coffee, or feeling the warmth of the sun on your skin on a warm spring day.

We also introduced three mindfulness practices: Grounding, Mindful Eating, and the Body Scan.

For this week, please complete a Body Scan or a Grounding Meditation each day. It is so easy to get caught up in the responsibilities of the day and not have time for practice. We suggest you set a specific time of the day aside just for you and your practice. The goal is not to “fit it in” but to “build it in.” Try practicing at different times of the day to see what works for you.

In addition to the daily formal practice, consider eating a meal mindfully. Turn off the TV and sit down quietly with your meal. Savor the smell of your food. If, for example, you are eating some carrots, imagine for a moment the farmer who grew those carrots with pride. As you pick up the carrots with your fork, imagine the sun, water and soil required to grow this food, the farm hands who harvested and processed the food, and the drivers and supermarket staff who brought the food close to you. And as you eat the carrots, enjoy the flavor while you notice how your body is being nourished.

Keep up your practice! We look forward to seeing you in the next class.

Warmly,