Stress Reduction: Mindfulness for Personal and Professional Wellbeing
A Meditation-Based Stress Reduction Course
Instructor: Steven Rosenzweig, MD
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Fall 2016

LIST OF DATES and TIMES
Fri., Sept. 9th, 3-4:30pm
Fri., Sept. 23rd, 3-4:30pm
Wed., Oct. 5th, 2-3:30pm
Thurs., Oct. 13th, 4:30-6:00pm
Mon., Oct. 17th, 5-6:30pm
Thurs., Nov. 3rd, 5-6:30pm
Wed., Nov. 16th, 5-6:30pm
Wed., Nov. 30th, 5-6:30pm

LOCATION: SAC A unless otherwise noted.
Sept. 9th - SAC B
Nov. 16th – Aud A

All materials and audio files are available on the Blackboard course site. If you have difficulty accessing Blackboard course in the first week, you can access the guided Body Scan audio file through Webcampus, Office of Community Experience -- http://webcampus.drexelmed.edu/communityexperience/bodyscan.html

Overview
Mindfulness practices calm the mind and relax the body. This course is based on the longer program, Mindfulness-Based Stress Reduction, that has been shown in many studies to reduce anxiety, improve mood and energy, and increase a sense of wellbeing. Mindfulness practice interrupts anxious thinking and allows us feel a little more breathing room inside, even during stressful times. It also enhances our moments of pleasure, happiness and aliveness.

This is an experiential seminar. Classes are a combination of guided meditation practices and conversation. Each week builds on previously presented material. New practices are taught each week. The goal is to learn a repertoire of mindfulness practices and discover which are most helpful to you. MP3 files are provided for home practice.

Attendance at all sessions is required for course credit. A student can miss up to 3 sessions and submit the make-up assignment to receive credit. However, you are welcome to “audit” as many sessions as you wish without credit.

Practices taught include: Relaxing breath; 3-minute breathing space; brief and extended body scan meditations; awareness of breath meditation; mindfulness of sounds; mindfulness of thoughts; mindful movement; walking meditation; eating meditation; kindness and compassion practices; managing pain and difficult emotions; mindfulness of positive emotions.

Please pre-register by contacting Humanities.Coordinator@drexelmed.edu

DETAILED OUTLINE OF SESSIONS and MAKE-UP ASSIGNMENTS (Note that session content subject to change with some topics covered out of order)

Session 1
I. Topics:
   • Introduction to mindfulness and Mindfulness Based Stress Reduction. Working with the breath. Body Scan meditation.

II. Home practice:
   • Body Scan using guided meditation audio file on Blackboard course site. Also found at: http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html
• Yellow sticker exercise
• Relaxing sighs or mindful breaths
• Daily practice log is recommended.

II. Optional readings: *Full Catastrophe Living*, chapters 3,5

IV. Making up missed class (for class credit): The main thing is to get practice experience with the Body Scan meditation before Class 2. A brief instruction sheet is available as well as an mp3 file of a guided meditation for home practice. Reading the chapter on body scan will be helpful. You don’t have to complete the full assignment before Class 2 but please practice Body Scan before Class 2:

- Daily home practice with guided Body Scan meditation audio file. Keeping a practice log is recommended.
- Read *Full Catastrophe Living*, chapters 3,5. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig

Session 2

I. Topics:

II. Home Practice:
- Alternate between AOB and Body Scan meditations. Use AOB and Body Scan using guided meditation audio files on Blackboard course site. Also found at: [http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html](http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html)
- Informal practice: mindful breaths; yellow stickers
- Daily practice log

III. Optional readings: *Full Catastrophe Living* chapters 2,4

IV. Making up missed class (for class credit):
- Work with AOB meditation. Contact Dr. Rosenzweig with any questions.
- Read *Full Catastrophe Living*, chapters 2,4. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
- Do home practice assignment

Session 3

I. Topics:

II. Home practice:
- Choose among Body Scan / Awareness of Breath / Mindful yoga / Formal practice of mindful activity
- Pleasant Events Log
- Daily Practice Log

III. Optional reading: Read *Full Catastrophe Living*, cha 9, 35

IV. Making up missed class (for class credit):
- Speak with Dr. Rosenzweig about instruction in Mindful Activity formal practice.
- Read *Full Catastrophe Living*, cha 9,35. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
- Do home practice assignment

Session 4

I. Topics:

II. Home practice
- Choose among; Body Scan / AOB / Mindful Yoga or other mindful movement
- Unpleasant events log
- Daily Practice Log

1 Jon Kabat-Zinn. *Full Catastrophe Living*. Available at Library reserve desk.
III. Optional readings: *Full Catastrophe Living* chapters 6, 7

IV. Making up missed class (for class credit):

- Borrow CD from Dr. Rosenzweig with guided Mindful Yoga. Postures are outlined in *Full Catastrophe Living*. Read *Full Catastrophe Living*, chapters 19, 20. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig.
- Do home practice assignment

Session 5

I. Topics: Cultivating kindness, compassion and self-compassion

II. Home practice:

- Formal practice – choose any of these:
  - Jon Kabat-Zinn Series 3 Meditations (CD #4) Lovingkindness Meditation – link through course website
    - Soften, soothe, allow
    - Lovingkindness for yourself
    - Compassionate walking
    - Breathing compassion in and out
    - Mindful self-compassion meditation
  - Mindfulness practice of your choice and bring in kindness or compassion practice
- Daily practice log

III. Optional reading: Chapter on lovingkindness meditation posted on course website.

IV. Making up missed class (for class credit):

- Read chapter on lovingkindness meditation posted on course website. Work with Jon Kabat-Zinn Series 3 Meditations (CD #4) Lovingkindness Meditation – link through course website. Read chapter on lovingkindness meditation posted on course website. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig.
- Do home practice assignment

Session 6

I. Topics: Cultivating wholesome states: Kindness, compassion, joy, calm. Working with pain and suffering.

II. Home practice:

- Formal practice of choice but incorporating self-compassion / compassion practice
- Daily practice log

III. Optional reading: *Full Catastrophe living* chapters 22, 23 on physical pain; 24, 25 on emotional pain.

IV. Making up missed class (for class credit):

- Full Catastrophe living chapters 22, 23 on physical pain; 24, 25 on emotional pain.
- Write 2 paragraphs briefly relating chapter content to your own experience of the mindfulness practice; email to Dr. Rosenzweig

Session 7

I. Topics: Expanding Awareness meditation. Walking meditation.

II. Home practice:

- Expanding awareness meditation (mp3 on website) alternating with any other formal practice of choice
- Daily practice log

III. Optional reading: *Full Catastrophe Living*, Chapter 7, 35

IV. Making up missed class (for class credit):

- Expanding awareness meditation (mp3 on website)
- Full Catastrophe living chapters 7, 35.
- Write 2 paragraphs briefly relating chapter content to your own experience of the mindfulness practice; email to Dr. Rosenzweig
Session 8

I. Topics: Mindfulness practice in relation to illness, suffering, healing and doctoring. Mindfulness of thoughts, imagery and choiceless awareness practices

II. Home practice: Your life.

III. Optional reading: A bibliography will be distributed.

IV. Making up missed class (for class credit): Speak with Dr. Rosenzweig.

"the mind is the surface of the heart, and
the heart is the depth of the mind."

Hazrat Inayat Kahan