

WEEK 8: CONNECTION, COMMUNICATION, AND COMMUNITY

MTPC PATIENT WORKBOOK WEEK 8: CONNECTION, COMMUNICATION, AND COMMUNITY

Home Practice: The eighth week is actually the rest of your life! Mindfulness practice exists within a context of community and interconnection. Practice helps us to feel at home wherever we are, connecting us deeply with ourselves and with others. Mindfulness helps us to be aware of the impact others have on us and helps us to see clearly the impact we have on others. Bring this new awareness to relationships and discover opportunities for warm, assertive communication. Go back to the guided recordings from time to time and make the practice your own. Explore dropping into the present moment as if your life depended on it (it does!). Remember that you are in control of the way you relate to your experience and your life. By bringing intention and attention to the moment, you will find yourself with greater ability to live well. Treat yourself with the utmost kindness and compassion, and hold the intention to be with whatever arises, inwardly or outwardly, with spaciousness, softness, affection, curiosity, and non-judgmental awareness. Above all else – please be patient and kind with yourself.

Handouts:

- Who Has a Stake in My Well-Being? Worksheet
- Generosity Practices for Living Well
- How to Stay Involved with MINDFUL-PC
- Referral to Community Resources

Poem:

The Four Quartets - T.S. Eliot

The Four Quartets
What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from.

- T.S. Eliot

Who Has a Stake in My Well-Being?

Who could offer me helpful advice on how I can best care for myself?

Example: I am not sure what kind of exercise would be best for me to do given my heart condition, so I could benefit from asking my doctor for suggestions.

If I make this change, how would it affect those closest to me?

Example: If I take a walk around the block every morning, my children might need to prepare their own breakfast.

In order to make this change stick for good, whose support or help do I need?

Example: My husband does the food shopping and I need him to buy more vegetables.

COMMUNITY MINDFULNESS RESOURCES

Thank you for participating in the Mindfulness Group Orientation session, sponsored by the CHA Center for Mindfulness and Compassion. We hope that these resources will help you bring continuity to your mindfulness practice in daily life.

Definitions of Mindfulness

The awareness that emerges through paying attention on purpose, and nonjudgmentally, to the unfolding of experience moment to moment.

Kabat-Zinn 2003

Awareness of present experience with acceptance.

Germer 2013

Community and Practice

CHA Center for Mindfulness and Compassion

CMC aims to enhance the health and well-being of CHA's diverse community by integrating mindfulness and compassion into health care. CMC envisions a vibrant center that cultivates mindfulness and compassion in the following areas: patient care, clinician and staff well-being, professional education and training, our communities, and scientific research.

1035 Cambridge St, Cambridge, MA 02143 | www.chacmc.org

Mindful Boston

Mindful Boston is a meditation practice studio located in Cambridge. It offers free community meditation sessions, as well as MBSR programs, and mindfulness workshops. In addition, Mindful Boston offers free online resources such as guided mindfulness meditations.

694 Massachusetts Avenue, Central Square, Cambridge MA 02139

<http://mindfulboston.com/index.html>

The Arlington Center, Arlington, MA

The Arlington Center offers groups, workshops and services in movement, meditation, and wellness.

369 Mass Ave, Arlington, MA | www.arlingtoncenter.org

Cambridge Insight Meditation Center

The Cambridge Insight Meditation Center is a nonprofit, nonresidential urban center for the practice of Insight Meditation. Located in the heart of Cambridge, CIMC provides an environment where the contemplative life can be developed and protected amid the complexities of city living. Here, people of all religious, non-religious, and philosophical persuasions, can come together to learn, support and deepen practice.

331 Broadway, Cambridge, MA 01239 | www.cimc.info

The Center for Mindfulness - University of Massachusetts Medical School

The UMass Medical School Center for Mindfulness in Medicine, Health Care, and Society's aims to explore, understand, articulate and further mindfulness in the lives of individuals, organizations and communities through clinical care, rigorous scientific research, professional training, and informed public discourse.

55 Lake Ave North, Worcester, MA 01655 | <http://www.umassmed.edu/cfm/>

Books

The Mindful Way Workbook. John Teasdale, Mark Williams, Zindel Segal

The Mindful Way through Depression. Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn

Full Catastrophe Living, 2nd Edition. Jon Kabat-Zinn

The Mindful Path to Self-Compassion. Chris Germer

The Mindfulness Solution. Ron Siegel

Sitting Together. Susan Pollak, Paul Fulton, Ron Siegel

Guided Mindfulness Recordings

All available online for free at:

1. CHA Center for Mindfulness and Compassion

Mindfulness Recordings and Resources

www.chacmc.org/resources

2. UCLA Mindful Awareness Research Center

Guided Mindfulness Practices

<http://marc.ucla.edu/body.cfm?id=22>

3. UC San Diego Center for Mindfulness Website

Guided Mindfulness Practices

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

4. Sitting Together Website

Guided Mindfulness and Compassion Practices

<http://sittingtogether.com/meditations.php>

5. Center for Mindful Self-Compassion Website

Guided Compassion and Self-Compassion Practices

<http://www.centerformsc.org/meditations>

6. Tara Brach Website

Guided Practices

<http://www.tarabrach.com/audioarchives-guided-meditations.html>

5 Most Popular Mindfulness Apps

- 1. Headspace**
Free app for iPhone and Android
<http://www.headspace.com/>
- 2. Insight Timer**
Free app for iPhone and Android
<http://insighttimer.com/>
- 3. Stop, Breathe & Think**
Free app for iPhone, Android, and Web
<http://stopbreathethink.org/>
- 4. Omvana**
Free app for iPhone and Android
<http://www.omvana.com/>
- 5. The Mindfulness Training App**
Free app for iPhone
<https://itunes.apple.com/us/app/themindfulness-training-app/id687853790?mt=8>

STAY INVOLVED WITH MINDFUL-PC

Mindfulness doesn't need to end after 8 weeks, it can stay with you for the rest of your life.

Here are a few ways to keep in touch with our center and contribute in your own ways.

Recommend MINDFUL-PC

Please spread the word about MINDFUL-PC any friends, family, and community members who may be interested. The program is open to all CHA primary care patients.

Pick up a flyer at our center, or refer to www.chacmc.org

Join our email list!

All alumni of MTPC get added to our alumni mailing list. We will notify you of any alumni events and group offerings by email. Please let us know if you would not like to be included.

Check out our website for upcoming programs!

CHA patients automatically receive a 50% discount on all programs.

For a detailed list of current offerings, visit www.chacmc.org

Volunteer

To learn more about ways to volunteer, visit <https://www.chacmc.org/volunteer>

Donate

Donate to the MINDFUL-PC Patient co-pay fund at <https://www.chacmc.org/donate/>

