

Week #3 - Introduction to Mindfulness Based Stress Reduction Group

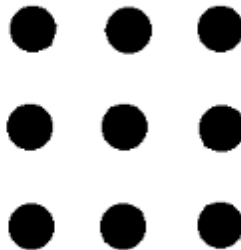
Perception

How we see things (or don't see them) will determine in large measure how we will react or respond to them.

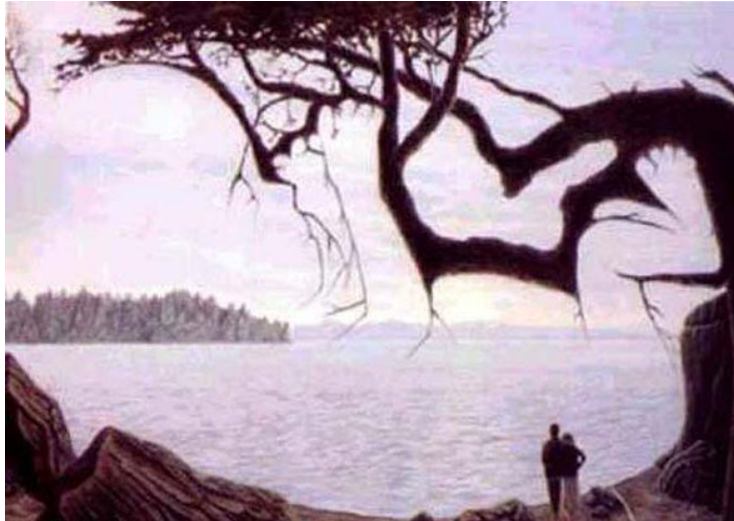
We may not be able to control what happens to us, only how we respond to it. We can mentally adjust.

Roman Emperor Marcus Aurelius, a famous stoic, said

“You have the power over your mind - not outside events. Realize this, and you will find your strength.”



Connect all nine dots using four straight lines that are connected to each other without lifting your pencil.



Write down what you see in this painting.

Practice for Week 3: Take five mindful breaths every day before getting out of bed and when you get back into bed with a smile on your face.

Prayer:

Dear God, as we navigate this moment, help us to fully embrace the present, letting go of worries about the future and regrets of the past. Grant us the awareness to appreciate the beauty in the simple things, and the strength to be fully present in each interaction. Guide our thoughts to focus on the here and now, so we may savor the gifts of this very moment. Amen