



MBSR Week Four

Home Practice

1. Continue to alternate the body scan with yoga, practicing daily with provided guidance, again this week.
2. Sitting meditation 20 minutes per day with attention to breathing, other physical sensations, and awareness of the whole body.
3. Be aware of automatic habitual stress reactions and behaviors during the week, without trying to change them.
4. Be aware of feeling stuck, blocking, numbing, and shutting off to the moment when it happens this week.