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# *Session 1 A Taste of Mindfulness*

## Objectives

1. Understand what mindfulness is.
2. Understand why it might be a useful skill.
3. Understand the kind of tasks required to acquire the skill.

## Agenda

1. Welcome
2. Introduction to the course – course length, homework
3. Ground Rules
4. Rachel and Joe
5. What is Mindfulness, including observing a single breath
6. Raisin Exercise and Discussion
7. Explanation of Autopilot
8. Check in - “Affect Labelling”
9. 2 minute silence sandwich
10. Personal Introductions Check in
11. Pleasant Experience exercise
12. Handouts and Homework
    1. 2 minutes of sitting a couple of times a day…observe what happens, what you do, what you think etc.
    2. Fill in pleasant events diary daily
    3. Eat something mindfully daily
13. Check out