# *Session 2 Mind, Body and Feelings*

## Objectives

1. Understand interaction of mind, body and feelings.

## Agenda

1. Welcome
2. 2 minutes sit
3. Check In (and introductions)
4. Recap of Week 1
   1. What, Why, How mindfulness
   2. Ground Rules
   3. Raisin
   4. Autopilot
5. Home Practice Review
   1. Sit for 2 minutes each day.
   2. Pleasant Events Diary.
   3. Eat something every day in the way you ate the raisin.
6. Body Scan from Script
7. Discussion
8. Body Scan from Recording
9. **Break**
10. Thoughts and Feelings exercise
11. Unpleasant events diary
12. Home Practice
    1. Body Scan - Track 1
    2. Unpleasant Events Diary
    3. Pay attention to a routine task e.g. eating, washing up.
13. Check out