

Mindfulness-Based Strategic Awareness Training – MBSAT

Juan Humberto Young

Handout 1 of Session 4: Some of the Ways that Worry Can Affect You

How worry affects your thinking: What is on your mind?

- Worry keeps you on the lookout for problems, difficulties, or disasters (hyper-vigilance).
- Worry interferes with concentration and with your ability to give something your full attention.
- Worry focuses your attention onto yourself and your specific concerns.
- Worry makes it hard to make decisions.
- Worry increases your ability to notice things and to worry about these more than other things (selective attention).
- Worry makes you more pessimistic, so you tend to predict the worst.
- Worry makes you problem-focused, so your mind leaps from one worry to the next.

How worry affects your behavior: The things you do

- Worry makes you less efficient (either over-careful, or unwittingly careless).
- Worry interferes with your performance.
- Worry makes you rely more on others and less on yourself.
- Worry leads you to do things less confidently.

How worry affects your feelings: Your emotions

- Worry makes you feel muddled or confused.
- Worry makes you feel apprehensive and fearful.
- Worry makes you feel out of control.
- Worry makes you feel overwhelmed, or that you can't cope.

How worry affects your body

- Worry reduces your ability to relax and to sleep well.
- Worry makes you weary and tired.
- Worry makes you tense.
- Worry gives you headaches.

Adapted from Butler and Hope (2005)

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Handout 2 of Session 4: The Self-Reinforcing Dynamics of Worry and Anxiety

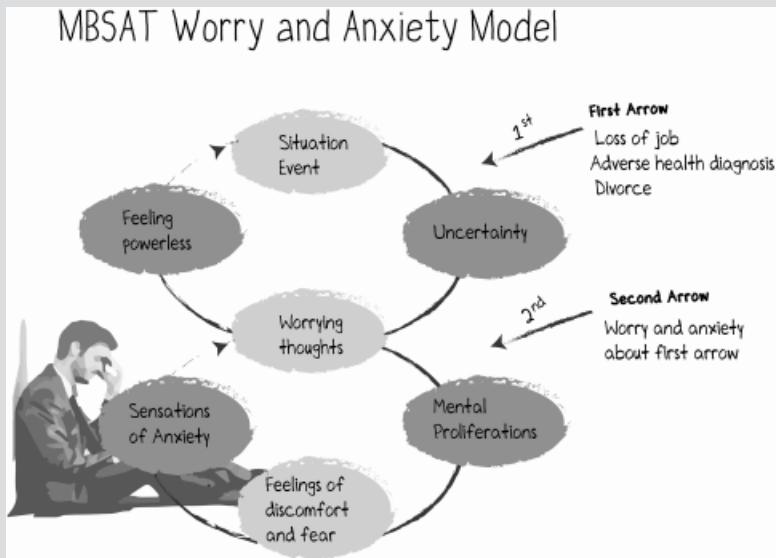


Figure 10.2 MBSAT Worry and Anxiety Model. Source: Juan Humberto Young.

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Handout 3 of Session 4: Home Practice for the Week Following Session 4

In this week's session the comprehensive sitting meditation of breath, body, sounds, thoughts, and open awareness is a key element and is assigned as daily practice from day 1–6.

It is complemented by Mindful Walking and two 3-minutes breathing spaces: the regular 3-minutes breathing space and the special 3MBS on Strengths—two forms of mini-meditations that are easy to integrate in daily life and designed for frequent use. Mindful Walking can also be easily integrated into daily activities. For further suggestions see below.

1. *Sitting meditation on breath, body, sounds, thoughts, and open awareness*

Practicing this multi-faceted meditation regularly, days 1–6, will take your awareness to the next level. The audio files provided will guide you through it (duration 20–30 minutes).

Essential points to remember from Session 4:

- Try to savor sounds as hearing sensations without *thinking* about them.
- Look at thoughts as if they were passing clouds or fleeting scenes on a screen.
- Open awareness is nothing more than an open, wide-awake, and friendly attitude towards your whole being and your surroundings. It will help you observe internal and external perceptions. It creates spaciousness in one's mind. It feels liberating, like cleaning up a cluttered room.

2. *Mindful Walking*

This home assignment can be either practiced in a quiet, protected place or integrated in your daily activities by walking mindfully whenever you are on foot, for example on your way to the office or to a store, by simply being fully aware of each movement and taking each step mindfully instead of getting from A to B in automatic pilot. This way Mindful Walking can easily be practiced daily.