

Palouse Mindfulness

Mindfulness-Based Stress Reduction

Break-out Group Instructions (30 minutes)

1. Introductions [a quick go-around]

Name and where you're from and where you are right now.

2. Discussion Topics [start with (a) for the first round, then (b), after that there's no set topic]

**(a) Share a time when you were unexpectedly touched by someone's kindness...
...and/or, a time when you were a source of comfort for someone else.**

(b) If you have a regular mindfulness practice, what is it?

[and/or] How is mindfulness part of your daily life?

3. Closing (5 min. before end) [very quick closing go-around]

Goodbye and Thankyou (exchange email addresses, if desired)

Guidelines for Sharing

[simple, but important]

- [1] Share from your own experience, don't try to fix or offer unsolicited advice.
- [2] Give everyone the opportunity to speak - be mindful of how long you talk.
- [3] Allow moment of silence (e.g., a breath or two) between speakers.
This shows respect and allows time to digest what has just been shared.
- [4] Everything shared is confidential. What happens in "zoom" stays in "zoom"