

## DAY ONE

Welcome, Intros, Establish group norms/rules/responsibilities

### MOD ONE: Intro to Mindfulness

Didactic The Mind and The Brain  
Mindfulness: What It Is and What It Isn't

Mindful Awareness Toolkit The Science of Breath  
Practice(s) Twenty Breaths Nick  
Engagement: Q&A

## SHORT BREAK

### MOD TWO: Stress & Resilience

Didactic Basic Mechanics of Stress  
Acute, Chronic, Critical Incident, Self-Created,  
VIDEOS Sapolsky, Woody, Washing machine

Albrecht's Four Common Types of Stress Model, whole person stress  
Sustainable Resilience

Story Nick  
Mindful Awareness Toolkit Mindful Eating  
Practice Raisin Suzanne  
Engagement: Q&A

## LUNCH BREAK: MINDFUL EATING EXERCISE

Reflection from ME at lunch

STOP PRACTICE

**MOD THREE: Anticipatory/Projection**

Practice

Quick Practice: Counting Thoughts Nick

Didactic

Defining Anticipatory/Projection Stress  
Managing Anticipatory/Projection Stress  
Mind Traps/Questioning  
Thoughts/Negative Self Talk/Toxic  
Perfectionism

Practice

Working with Thoughts Suzanne

Mindful Awareness Toolkit

Sleep and Rest

Practice

Body Scan Nick

Engagement: Q&A

**SHORT BREAK**

**MOD FOUR: Encounter Stress**

Didactic

Defining Encounter Stress  
Managing Encounter Stress  
Mitigating Bias, Petty Tyrants/Contact  
Overload  
Conflict Management/Empathy

Mindful Awareness Toolkit

Choosing Civility: Practices from Dr.  
P.M. Forni

Volunteer: Dyad

"I hear You, I See You"

Practice

Just Like Me Nick

Engagement: Q&A

## HOMEWORK: Just Like Me

### DAY TWO

#### MOD FIVE: Time/Attention

Practice	Rise and Shine/Check In	Suzanne
Didactic	Defining Time and Attention Stress Managing Time and Attention Stress	

Mindful Awareness Toolkit	Reducing Multitasking	
Practice	Choosing Focus	Nick
Engagement: Q&A		

#### MOD SIX: Situational

	Defining Situational Stress Managing Situational Stress Auto-Pilot. Self-Awareness, Emotions	
Practice	Bridge PracTice + Exploring Emotions	Suzanne + Nick
Didactic	Building Resilience with Emotional Intelligence: Self Regulation Self-control. Managing disruptive impulses. <i>Trustworthiness. Maintaining standards of honesty and integrity.</i>	Nick

*Conscientiousness. Taking responsibility for your own performance. Your ability to recognize your own thoughts, choices, actions and behaviors and their impact upon others*

*Adaptability. Handling change with flexibility.*

*Innovation. Being open to new ideas.*

Mindful Awareness Toolkit	Meaning & Purpose Defining True Needs	
Practice	Compassion	Suzanne
Engagement: Q&A		

### LUNCH BREAK: ACTS OF KINDNESS

<b>MOD SEVEN: Resilience &amp; Motivation</b>	Mindful Movement	
Didactic	Building Resilience with Emotional Intelligence: Motivation	Nick
	<i>Commitment.</i>	
	<i>Initiative.</i>	
	<i>Optimism.</i>	
	<i>Pursuing goals persistently despite obstacles and setbacks. Mango and Bamboo Tree</i>	
Mindful Awareness Toolkit	PTS - growth	
Practice	gratitude - video	Suzanne
	Urge Surfing	
	social support	
Engagement: Q&A		

## SHORT BREAK

Mod Eight: Integration: Choosing Resilience

Practice

Didactic

Choosing Mindfulness Between Stimulus and Response  
Letting Go and Moving Forward  
Working with Obstacles to Practice

Mindful Awareness Toolkit

Creating a Transition Ritual

Practice

The Movie of Your Life

Story

From *Choices* by Shad Helmstetter

VIDEO

Pale Blue Dot

Engagement: Q&A