

# Mindfulness-Based Chronic Pain Management (MBCPM™) Patient Course

## Class 8: Out of Class Work

### Daily Formal Meditation Practice from Downloads

- Practicing Guided Imagery Meditation, if possible. Alternating your practice with other formal meditations, including Mindful Movements.

### Reading in “The Mindfulness Solution to Pain” book

- Chapter 8: Section on Sleep (pages 116-120).

### Activities for this Week

- Keeping a log of when and how long you sleep each night this coming week in preparation for a discussion on your sleeping patterns next week.