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.