



## ARC-8 Week Course Syllabus

- Week One: *Stress, Body Scan*** .....9-24
- Introduction, Confidentiality, Liability Release, Stress Test
  - Breathing Relaxation Exercise Quick Start
  - Discussion: Stress Defined- body, mind, emotion
  - Body Scan Relaxation Exercise
  - Homework, Mind/Thoughts Calendar, Reading, Notes
- Week Two: *Mindful Thoughts, Body Scan*** .....25-38
- Breathing Relaxation Exercise Quick Start
  - Discussion: Mindtraps- mind, thoughts, ego
  - Body Scan Relaxation Exercise- Mind/Thought Oriented
  - Homework, Negative Emotion Calendar, Reading, Notes
- Week Three: *Mindful Emotion, Body Scan, Mindful Eating*** .....39-52
- Breathing Relaxation Kindness Exercise Quick Start
  - Discussion: Emotions- intelligence, expression, regulation, resilience
  - Body Scan Relaxation Exercise- Emotion Oriented
  - Mindful Eating Exercise
  - Homework, Pleasant Emotion Calendar, Reading, Notes
- Week Four: *Self-Acceptance, Mindful Walking*** .....53-62
- Breathing Relaxation Walking Exercise Quick Start
  - Discussion: Self-Acceptance- kindness, compassion, empathy, gratitude
  - Mindful Walking Relaxation Exercise
  - Homework, Physical Habits Calendar, Reading, Notes
- Week Five: *Mindful Body Movement***.....63-74
- Breathing Relaxation Movement Exercise Quick Start
  - Discussion: Self-Acceptance- body
  - Mindful Body Movement & Stretching Relaxation Exercise
  - Homework, Communication Habits Calendar, Reading, Notes
- Week Six: *The Stress of Multi-tasking, Modern Communication***..... 75-84
- Breathing Relaxation Multi-task Exercise Quick Start
  - Discussion: Multi-tasking stress, Centering- finding focus, clarity
  - Discussion: Communication reactions
  - Mindful Focus / Seated Body Scan Relaxation Exercise
  - Homework, Pain Physical Limitations Calendar, Reading, Notes
- Week Seven: *Mindful Pain, Body Scan***.....85-98
- Breathing Relaxation Pain Acceptance Exercise Quick Start
  - Discussion: Physical limitations, expectations, acceptance
  - Body Scan Relaxation Exercise- Pain Oriented
  - Homework, Silence Calendar, Reading, Notes
- Week Eight: *Mindful Silence & Intimacy***.....99-106
- Breathing Relaxation Silence Exercise Quick Start
  - Discussion: Silence, Intimacy
  - Mindful Walking and Intimacy Relaxation Exercise
  - Homework, Ongoing Suggestions, Reading, Notes
  - **ARC Stress Assessment Test**.....107-110