

## Session 9. Booster Session: Future Directions for Your Practice

With the end of this session, you are officially a graduate of the Inner Resources for Stress (IR) program. You have spent many hours practicing and working in the group and on your own. By now, you have developed some inner resources that will help you weather the stresses and storms of everyday life.

You are probably settled into a regular daily routine that includes activities, such as meditating, that benefit you. We hope these practices will refresh and renew you every day. Many people have noted that meditation, like trauma recovery, is more about the path than the destination. Both processes reflect a trajectory or pathway of change over time. As with any path, continued attention and commitment result in a continued development. The nature of a trajectory is that small changes each day can produce large changes over time. Meditating is a wonderful journey to be on . . . each day you can discover something new.

### FAQs for Session 9

*Can I continue to use the practice audio tracks?*

Yes. Although the program is designed to develop the skills for self-guided practice, some people prefer to use the practice audio tracks. They can be especially helpful if you would like a refresher or reminder of a practice, or any time you want to include more structure in your practice.

*Can I just do Practice in Daily Life? Will I get the same benefits?*

Often when people have made progress in their practice, they put it aside to turn their attention to other pursuits. They may rely on Practice in Daily Life to keep their practice going. It is important to practice in daily life because it is a chance to bring our mindfulness skills to the very situations where we need them most. However, Sitting Practice is important to maintain those skills. Research shows that Sitting Practice is more strongly related to benefits than Practice in Daily Life.

*Why do I still feel as though I have tensions? Shouldn't meditation eliminate them?*

A MM practice is like a good workout at the gym. The benefits are long-lasting but can be maintained the best through regular practice. In your reflections from Session 8, you may have noticed that you are stronger and more resilient. You may find that now you can easily deal with some issues that may have bothered you in the past. An old saying is that the reward for hard work is more hard work! As you master past challenges, you will be able to address more difficult ones.

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## **Session 9 Practice and Beyond**

### ***Tasks for after the Group***

You can continue to explore ways to keep your practice and your commitment to yourself fresh and vital. Caring for yourself is as important as your other responsibilities.

### ***Practice in Daily Life***

You can use all the techniques we've learned: Breath Awareness, Body–Breath Awareness, repeating “Hum Sah,” Letting Go, and the Tension Release exercise. Pay attention to the effects of each of these practices on your thinking, feeling, and actions. Use what works for you to promote your growth.

### ***Sitting Practice***

You can follow your plan for daily sitting practice, with the recommended amount still being 30 minutes a day for at least 6 days a week. Much of this practice may be meditation without a practice audio track, though some people continue to make use of the practice audio tracks as needed. You can use any of the techniques we've learned. Some people like to begin their period of practice with the Tension Release exercise, next practice the Complete Breath, and then spend some time repeating “Hum Sah.” Try different techniques and see what works for you.

### ***Daily Practice Log***

You can continue to record the amount of daily practice you do. Recording practice time is a way to track your progress over time and note the relationship of your practice to your well-being.