Mindfulness

Home Practice Session 4

1. Practice sitting meditation (breath and body) for 20 minutes at least 3 times this week.
2. On days you’re not doing the 20 minutes sitting, practice mindfulness of breath for 10 minutes.
3. Either straight afterwards or at another time, practice 10 minutes of mindful walking.
4. Practice the 3 stage breathing space at least 3 times each day, either when you think of it or connect it to daily activities such as waking up, before lunch, going to bed.
5. Also practice the 3 stage breathing space whenever you notice unpleasant feelings or feel unbalanced.
6. If you have time, have a look at the stress indictors form.

<http://www.mindinsalford.org.uk/mindfulness/mindfulness-user-section/>password: m1nddownloads@

<https://mbsr.co.uk/mp31.php>