

Handout 3: HOME PRACTICE **(To be completed between Session 1 and Session 2)**

To get the most out of this training, you are strongly encouraged to practice transferring mindfulness and values-based action skills into your daily life. To help you do this, it is recommended that you complete the following two assignments before we meet again for session 2.

HOME PRACTICE 1

ENGAGE MINDFULLY IN THREE VALUE-BASED ACTIONS OVER THE NEXT WEEK.

During the session you identified three valued actions to perform over the next week. Use your reminder strategies (e.g., wristband, or sticker on your phone) to help you remember to perform these actions. A key part of this exercise is to pay attention to what happens. If you do perform your chosen actions, notice what it is like to do so. *Catch a glimpse* of any thoughts and feelings that show up before, during, and after you have performed each action. *Notice* how others respond. *Notice* any consequences of your actions.

If you don't perform one or more of your actions try to notice any external or internal barriers that got in the way.

Record your experiences on the following page of this handout, so that you can discuss your general experiences in pairs in session 2.

HOME PRACTICE 2

PRACTICE MINDFULNESS OF BREATHING EXERCISE AT LEAST THREE TIMES OVER THE NEXT WEEK.

This takes about 10 minutes to complete on each occasion. Remember that these mindfulness meditations offer the richest practice for developing greater present moment awareness.

Record your experiences in the mindfulness diary on the final page of this handout.