

## **Handout 6: HOME PRACTICE**

### **(To be completed between Session 2 and Session 3)**

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 assignments before we meet again for the final session.

#### **HOME PRACTICE 1**

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

Instructions are exactly the same as last week. Use your reminder strategies (e.g., wristband, or sticker on your phone) to remember to perform your valued actions, and pay attention to what happens before, during, and after. Use the exercise to become aware of any thoughts and feelings that pull you off course.

#### **HOME PRACTICE 2**

##### **WORK TOWARDS FOUR VALUES-BASED GOALS BEFORE SESSION 3**

Set yourself the challenge to achieve four *values-based goals* over the next four weeks (before we meet again for session 3). For now focus on the short-term goals you recorded during session 2, or work on the exercises at home to generate additional values-based goals. Stay present and notice what happens as you pursue goals that are guided by one or more of your values.

#### **HOME PRACTICE 3**

##### **MINDFULNESS PRACTICE**

Get into the habit of practicing **mindfulness of the breath or mindfulness of the body and breath** three times per week before we meet again.

Practice the **cartoon/ film voices technique** whenever you notice yourself being overly influenced by unhelpful thoughts.

Practice the **physicalizing exercise** twice in your own time, and particularly when you notice yourself becoming wrapped up in a difficult feeling or mood.

Start **building brief mindfulness into your daily routine** – becoming psychologically present for tasks that you used to perform on automatic pilot – for example, getting ready for work in the morning; eating and drinking; travelling to work; and so on. Practicing a little mindfulness every day is the secret!

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

### HOME PRACTICE 3: Mindfulness practice diary

Day	Exercise	Duration	Observations and comments
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			