

## **Handout 8: HOME PRACTICE**

**(To keep things going now that the program has finished!)**

You will hopefully have already made some good progress in developing a combination of mindfulness and values-based action skills. Please do not stop here! These are skills - if you keep using them they become stronger, more automatic, and more integrated into your daily life.

### **HOME PRACTICE 1**

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

Instructions are exactly the same as before. 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 THROUGH THE WHOLE VALUES-BASED ACTION PROCESS ON YOUR OWN TIME**

Take away some of the blank handouts and continue defining your values in each area of your life. If your values are not well defined and familiar to you, they will not operate as a prominent guide to action. As you define your values, get into the habit of identifying a series of more concrete goals and actions that will help to bring your values to life. And maybe start becoming a little bolder! Gradually increase patterns of action that are guided by values. Keep on the lookout for new opportunities to bring your values to life. Practice engaging in personally valued actions even when unhelpful or difficult thoughts and feelings are showing up. Welcome your passengers along for the ride!

### **HOME PRACTICE 3**

#### **MINDFULNESS PRACTICE**

Continue practicing **mindfulness of the breath or mindfulness of the body and breath** three times per week. Many people find it helps to continue with regular meditation practice throughout their lives.

Continue using **brief daily mindfulness** exercises – get into the habit of using the three steps to present moment awareness at regular intervals during the day.

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

Practice the **physicalizing exercise** when you notice yourself becoming wrapped up in a difficult feeling or mood.

**REMEMBER THAT MINDFULNESS IS LIKE A PSYCHOLOGICAL MUSCLE – IT DEVELOPS WITH REGULAR PRACTICE!**