**Home Practice Following Week 2**

1. Use the Body Scan recording again for 6 days. Record your reactions on the record form if you wish to.

2. At a different time, practise 10-15 minutes Mindfulness of Breathing for 6 days. Being with your breath in this way each day provides an opportunity to become aware of what it feels like to be connected and present in the moment without having to do anything.

3. Complete the PLEASANT EXPERIENCES DIARY (one entry per day). Use this as an opportunity to become really aware of the thoughts, feelings, and body sensations that are around in one pleasant event each day. Notice and record your experiences with a degree of detail as soon as you can. For example, put the actual words or images that came in, and the precise nature and location of bodily sensations.

4. Choose a new ROUTINE ACTIVITY to be especially mindful of (brushing teeth, washing dishes, taking a shower, taking out the rubbish, reading to children, shopping, eating, driving etc.).