**Halfway Review and Self Reflection**

The course is about taking active steps in participating in your own health and well-being.

Weeks 1-4 have been focused on becoming aware of the wanderings or our minds, using awareness to come back to the present and developing skills in moving our attentiveness to different areas.

We are now half way through the course. The emphasis in the second half of the programme is on cultivation a different relationship with our internal and external experiences in our day-to-day lives.

**Take some time to reflect and if it is helpful for you, use the questions below to guide you.**

1. How has it been going so far?

2. What am I learning through this process?

3. How does it show up in my life?

4. How am I engaging with the course in terms of commitment to weekly classes and daily practice?

5. If I have been finding it difficult to practice at home and/or attend weekly classes, am I willing to recommit for the final section of the course?

6. What have you discovered about stress and stress reactivity through you practice of mindfulness?

7. Can you name your stressors?

8. How does stress influence your mind, body, health, and behaviour patterns?

9. What do I need to do over the next 4 weeks to get the most out of the rest of the course?

The invitation is to continue to attend the course, practice daily and take each moment as a new beginning.