

MINDFULNESS HOME TASKS SCHEDULE

Week 1	Body scan meditation, Practise: being fully in the present moment, Mindful activity, e.g. brushing your teeth, Journal, Think about: The automatic pilot
Week 2	Body scan meditation, 3-minute breathing space, Mindful activity, e.g. cleaning, cooking, Journal, Think about: Letting it be
Week 3	Meditation on sounds, Mindful movement, Mindful activity, e.g. noticing posture, Journal, Think about: Avoidance
Week 4	Sounds and thought meditation, Breathing space meditation, Mindful activity, e.g. 5-senses mindfulness, Journal, Think about: Flight, fright or freeze
Week 5	Exploring difficulty meditation, Mindful eating, Journal, Think about: Acceptance
Week 6	Loving kindness meditation, Mindfulness techniques, Journal, Think about: Thoughts are not facts
Week 7	Walking meditation, Daily mindfulness, Journal, Consider: Action steps, Think about: Taking care of you, Think about: Your life balance
Week 8	Relax, breathe, chat, review, Think about: Your healthy daily practices

Notes:

