

## Week 5 Home Practice:

1. Set intention for formal practice for the week. A number of days and times to commit to formal practice. Notice judgments of formal practice from previous weeks and reflect on any adjustments needed to support you with this week's intention. Utilize the formal meditation practice of "Open Awareness" during this week's practice.
2. Intense Mindful movement-Choose a form of exercise this week that stretches your edge.
3. Utilize the practice of "RAIN" during moments of difficulty.
4. Use page 20 of your workbook to recap and record one triggering event that day. Note the body sensations and the mental experience. How did you mindfully respond to the situation?
5. Commit to something intentionally difficult as a mindfulness practice. Example: give up coffee, cut out bread, get up one hour earlier each day, take cold showers each day.

