



## **MBSR Week One**

### **Home Practice**

1. Using the recorded guidance available on the [Course Webpage](#), practice the body scan daily for 45 minutes.
2. Work with the 9-dots puzzle.
3. Eat one meal or at least a few bites of one meal mindfully this week.
4. Deliberately cultivate *moments* of mindfulness this week—pausing and noticing the breath, body, sounds, what can be seen, thoughts and emotions—in the present moment and without judgement; recognizing that you can deliberately cultivate a *continuity of awareness* throughout your day as a way of connecting to your innate resources for coping and wellbeing.
5. Optional informal practice: During your day, experiment with some of the mindful stretches you learned in class as a way of connecting with the body in the present moment.