



MBSR Week Two

Home Practice

1. Using the recorded guidance available on the [Course Webpage](#), practice the Body Scan daily for 45 minutes.
1. Setting a timer, practice Awareness of Breath Meditation daily for 10 to 15 minutes each day. Rest attention on the breath (or another focus of attention). When the mind wanders, notice that, and come back to attending to the breath.
2. Fill in the Pleasant Events Calendar with one entry per day starting tomorrow. If no pleasant event is noticed on a given day, make note of that. Bring the calendar with you next week.
3. Choose one daily activity to bring full awareness to for the week—such as brushing teeth, washing dishes, taking a shower, etc. Bring your full attention to the activity, seeing what you notice. When you notice that the mind has wandered, bring your attention back to what you are doing.