

## **MBSR Week Five**

### **Home Practice**

1. Using recorded guidance, practice Sitting Meditation every other day, alternating with one of the other practices--Standing Yoga, Lying Down Yoga, or Body Scan. For example, Sitting Meditation on Friday, Standing Yoga on Saturday, Sitting Meditation on Sunday, Lying Down Yoga on Monday, and so on.
2. Fill out the Difficult Communications Calendar.
3. Bring awareness to moments of reacting and explore options for responding with greater mindfulness and creativity—both in meditation practices and everyday life.