

HOME PRACTICE FOLLOWING CLASS SEVEN

1. Choose any of the practices you've learned and practice for 40 minutes five times or more times before we meet again. Experiment with practicing without guidance.
2. Bring awareness to moments of suffering. As difficulty arise, practice soothing touch and the self-compassion break. Note, a recording of the self-compassion break can be found on our website.
3. Practice approaching people and situations with Loving Kindness, taking a moment to silently say Loving Kindness phrases for yourself and those around you in your daily life.
4. Bring mindfulness to your daily life. When you wake, take a few moments to be with your body sensations and your breathing. Do this before bed as well. Throughout the day, set the intention to be aware of your environment, noticing where you are and what you're doing, and remembering to tune in to your inner environment of body sensations, thoughts, and emotions. Take time to consciously breathe.
5. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.