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## HOME PRACTICE FOLLOWING CLASS SIX

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1. Practice loving kindness meditation six times before our next class using the handout that was given in class. This handout is also available on our website.
2. Continue, informally bringing awareness to moments of reactivity, exploring them and if possible, using the breath or soothing touch to slow things down before responding. And if that's not possible, then simply noticing being caught in a reactive moment, and practicing bring self-compassion to that situation.
3. Choose a different routine activity and bring mindful attention to it daily. Practice bringing Beginner's Mind to every-day activities.
4. Continue to practice mindful eating
5. Complete the Home Practice Record form for each activity above. Include observations/thoughts about your experiences and bring this form to class two.
6. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>