

Module 4 practice activities

PRACTICE



BECOME THE OBSERVER OF YOUR EMOTIONS - When you are experiencing emotions, take time to observe them, don't try to avoid. Try a mindfulness activity to observe these emotions



BREATHING PRACTICE - Continue to practice a slow/deep breathing exercise at least 20 minutes each day



COGNITIVE DEFUSION - Keep using those strategies that work for you to



COGNITIVE FLEXIBILITY - Spend 10-15 minutes each day identifying and challenging unhelpful thoughts



EXPOSURE WORK - Engage in a exposure task at least once over the course of the week

VALUES AND GOALS WORK:

Continue to work on your values and goals - what can you achieve between now and the next module (the practice activities may be your goals for the week, and that's great!)

Be proud of what you achieved - and if not fully successful, what barriers there were, and how you can work to overcome them?