

Module 3 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 defusion techniques that work for you



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

VALUES AND GOALS WORK - Continue to work on your values and goals - what can you achieve before the next module, start with a small task which reflects your values. (the above practice activities may be your goals for the week, and that's great!)

Be proud of what you achieved! If not fully successful, don't worry - identify what barriers there were, and how you can work to overcome them