**Week 1 OYOP – On your Own Practice**

1. Log the amount of Exercise or Physical Activity you participated in - each day this week using your Wellness/Exercise Log
2. Try the ‘Using My 5 Senses Meditation’at least one time this week.

1. One time each day, for 60-90 seconds, PAUSE and bring MINDFUL AWARENESS to whatever activity you are engaging in.
   1. Notice any sensations in your body, the sensations of breathing, and bring awareness to your thoughts and emotions.
   2. Then, using your 5 senses, slow down and with intention more fully engage in whatever activity you are partaking in.

\*Notice how this makes you feel? Does it change your experience in any way?

1. Begin paying attention and bringing awareness to your personal habits and lifestyle behaviors– and how they affect you (physically, emotionally, cognitively, socially, academically) – using your Wellness Log and perhaps by Journaling

* technology use
* diet
* your level of physical activity
* the amount of sleep you get

1. Notice how paying attention to your Mindful Quality affects your week? My Mindful Quality is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_