**Week 2 OYOP’s - On Your Own Practices**

* Try the **Body Scan**, the **Awareness of Breath** **Meditation** and **Eating Mindfully** - one each day using recordings
* Pick an every day activity and do it mindfully.

Complete the **“Do it Mindfully” Worksheet**

* Complete your **Wellness Log**
  + - Aerobic Exercise
    - Daily Physical Activity
    - Sleep
    - Meditation
    - Technology Use
* Daily **Journaling**
  + - * 3 things you are grateful for
      * Intention for the day
      * Kind words to yourself
      * 3 best things that happened in your day
* Work on the Your **Mindful Qualitiy**

**Journal:** What you noticed by doing this

* Begin **Developing your own Mindfulness Practice**
  + - creating a special space, when, where -5 W’s ?