Week 4 OYOP – On Your Own Practice

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* Work on the ***Mindfulness Quality*:**

**Self-Compassion/Self-Kindness** all week!

* **Practice *Self-Compassion*** 
  + Pause, label emotion and bodily sensation, be in the present moment and reframe
  + Using Self-Compassion Meditation
  + Using Soothing Touch
  + Saying and Writing Kind Words to Yourself

* Practice***Loving Kindness Pebble Meditation***
* Complete the ***Pleasant Moments Calendar***
* *Try* ***Smiling and Making Eye Contact*** to one new person each day this week
  + - Journal how this makes you feel
* Try one ***Random Act of Kindness***each daythis week
  + - Journal how this makes you feel

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**Remember to Practice Self-Care:**

* + - Exercise and Physical Activity
    - Calming Sleep Routine
    - Eat Healthier
    - Thoughtful use of your technology – limit screen time
    - Meditation
      * 3 things I am grateful for
      * Intentions
      * Kind words