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