

Mindfulness for Life – Session 3 – Handout

Contact details – If you need to contact me between sessions please send an e-mail to me:
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Home Practice – In a sitting posture, practice one of the 20-minute mindfulness of breathing tracks once a day as well as mindful movement for at least 10 minutes.

At youthmindfulness.org/mindfulness-for-life you can find a link to a youtube clip of simple mindful movements. Finally, try eating one meal, or drinking one cup of tea or coffee mindfully each day.

Day/Time	Practice	Comments
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time		

Mindfulness in daily life – Choose a simple activity you do every day and make the decision to do it mindfully. Below you can record anything you noticed about bringing mindfulness into daily life.