

Mindfulness for Life – Session 2 – Handout

Contact details – If you need to contact me between sessions please send an e-mail to me:
michael@youthmindfulness.org

Home Practice – Practice the bodyscan once a day as well as practising with the tracks “mindfulness of breathing” or “present moment awareness” on alternate days.

Day/Time	Practice	Comments
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.