PRACTICE LOG - WEEK 4- BODY SCAN

FORMAL PRACTICE

Practice daily the lying down body scan meditation. As before, don't expect anything in particular from doing this. It is important to try not to force relaxation, rather be at ease with whatever thoughts, sensations and emotions arise during the exercise. Just let your experience be your experience. If you are feeling very drowsy or tired it is best to do this on the floor without a pillow.

Day	Comments

PRACTICE LOG - WEEK 4 - ONE MINUTE BREATHING SPACE

INFORMAL PRACTICE

Each day this week see if you can choose one stressful situation. Bring awareness to moments of stress reactivity without trying to change them.

What was the situation?	What was going on with	What did you notice	What did you notice	What did you learn?
	you when you thought to	WHILE you were doing	AFTER you did the	
	take a Breathing Space?	the Breathing Space?	Breathing Space? (body,	
	(body, mind, emotion)	(body, mind, emotion)	mind, emotion, action)	

EXAMPLE I was in a meeting where someone was saying something I knew to be untrue	My heart was pounding, my stomach was tight, Ifelt angry and I thought "He KNOWS that's not true!"	Noticedmyshoulderswere tight, too, but when I paid attention to mybreath, Ifelt things start to loosen a bit.	Mystomachandshoulderswere a little looser. I did say something, but it came from a much calmer place.	Without the break, Iwould have reacted automatically and said something I'd regret. I can use getting aroused as a signal to use a Breathing Space.