Week Three: Positive Emotion – Home Practice

*1. Reading*

* Read chapter three up to and including page 104.

*2. Continue with one of the practices that support integration and reduce prapanca*:

* Continue with Mindful Walk
* Continue with the 3 minute breathing space - if possible a few times a day
* Try the Coping Breathing Space (from the book)

*3. Try to cultivate positive emotion*

* Make a gratitude list every night before sleep
  + Note 5 things that you feel grateful for
* Develop generosity
  + Try to do one thing every day for someone else that you don't usually do.
  + To extend this try doing this without anyone knowing!