

Week 3 – Video 8 Homework

- ✓ Catch your unhelpful thoughts and practice thought retraining exercises
 - Make sure to journal down your thoughts as you go through the exercises (examples below)
 - Consider informal body scan when you notice the unhelpful thought – does it manifest any physical symptoms?
- ✓ Practice meditation and other mindfulness practices of your choosing
 - At least 5 minutes daily
 - Consider tracking mindfulness activities to note any changes you feel (see below)
- ✓ Continue with your goals
 - Value-based goal
 - Exercise goal
- ✓ If you would like to review the video about how are thoughts drive our direction in life: <https://www.youtube.com/watch?v=EpOMk1jOzgk>

Thought reframing exercise examples

- ✓ Catch your unhelpful thought- What is it that passed through your head?
- ✓ Put things into perspective
 - What are all the possible outcomes? (best, worst, most likely)
 - Ask yourself if you're jumping ahead of yourself
 - Consider how important the situation is in the grand scheme of things
 - If you felt differently, would you think the same way?
- ✓ Avoid using words of absolutes and substitute them for words of possibilities
- ✓ Be specific when making statements - what makes you think it to be true, and give examples; challenge the thought with examples of how it doesn't hold true
- ✓ No 'should' and 'must' – think about possibilities instead of rigid rules
- ✓ Challenge labels – what are examples where it applies? Does it apply all the time?
- ✓ Check if you did not filter out the positives – are you only focusing on the negatives?

Mindfulness tracker

Date	Mindfulness Practice	Changes Noticed (body and/or mind)