

Week 7 – Video 21 Homework

- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals
- ✓ Consider lifestyle changes that can help your pain experience
 - Movement/exercise
 - Sleep
 - Diet
 - Social
 - Mindfulness
 - Formal practices
 - Informal practices
 - Attitudes/lens
 - Journaling/reflections
- ✓ Practice self-compassion