

The Resiliency Project

June 12 Homework



Practice Mindfulness & Self-Reflection

As part of today's program, we suggest you do the following:

- Pick one of these techniques that you would be willing to commit to making a habit by practicing it at least once a day, every day, between now and our next session.
- Record the impact it had on you. Did the new habit improve your life and, if so, how and to what extent?

Techniques:

- Basic meditation
- Body sensations
- Sensory involvement
- Allow emotions
- Urge surfing

Apps & Websites:

- Calm
- Headspace
- Ten Percent Happier
- Elevate
- Moodnotes
- MindfulnessExercises.com
- PositivePsychology.com

