

NAME: _____

Mindfulness Based Stress Reduction (MBSR) Week #4 Home Practice Log

DATE	Mindfulness Practice	Minutes Completed	Notes and Observations
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		
	BODY SCAN OR LYING DOWN YOGA 20 MIN. SITTING MEDITATION		

BE AWARE OF STRESS REACTIONS AND BEHAVIORS THIS COMING WEEK, WITHOUT TRYING TO CHANGE THEM
CYCLE 7 ALI TURFE NOVEMBER 5, 2020 EMAIL: ALITURFE429@GMAIL.COM