

# Week 2 Practice Exercises

Continue to:

- 1 in 1: do 1 thing mindfully for 1 min each day.
- Practice basic assumptions: how did outcomes change?
- Notice transactions and your thoughts.
- Notice cues/habits, mental/physical, you have to help you be present with your student/co-worker/family.

Build on your skills practice:

1. Notice empathy. Notice sympathy.
2. Notice when you felt validated AND when you didn't.