

Week 5 Practice Exercises

1. Continue to practice the all skills shared in previous weeks' exercises. Choose any 3 practice exercises to share with the group.

Previous weeks:

- One in one: Do 1 thing mindfully for 1 min each day.
- Practice basic assumptions: how did outcomes change?
- During the week notice transactions - which could have had a different outcome?
- Notice empathy. Notice sympathy.
- Notice when you felt validated AND when you didn't.
- Notice cues/habits, mental/physical, you have to help you be present with your student/ co-worker/ family.
- Pick one missed opportunity for validation. What you could have done differently?
- How did validation opportunities change outcomes?
- Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress before and after your skills practice.

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2. Practice Emotion Regulation Skills. Notice how you were feeling before your practice. How did you feel afterward?

Choose 2 to share with the group.

3. Identify 1 pleasant activity or event you would like to add in your life. List 3 steps you will take to make this happen.

What will it take? What will get in the way?