

Week 4 Practice Exercises

1. Continue to practice the all skills shared in previous weeks' exercises.

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?

2. Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress **before** and **after** your skills practice. Choose 2 to share with the group.