## Incorporating what we have learned and moving towards healthier patterns

1.	Choose one stressor in your life that you CAN change and write about your relationship to this stressor (how it is affecting your life?). Describe your experience of this stressor in terms of what shows up for you in THOUGHTS, EMOTIONS, BODY SENSATIONS and BEHAVIOURS OR IMPULSES.
2.	What have you discovered about your coping styles, both the helpful and the maladaptive ones?
3.	How is your mindfulness practice helping to support healthier patterns of relating to yourself?

4.	What might you change to support greater self-care? How would that look in terms of behaviour change? How can your mindfulness practice be helpful?
5.	Please write down a specific mindfulness-based change you could experiment with this week.
6.	What might get in the way of experimenting with this mindfulness-based change? How could you stand up to it?