Handout: Session 3 Daily Practice

Theme

Mindfulness practices can help increase awareness and subsequently help make more skillful choices in our everyday lives. Mindful smoking allows one to become aware of what is really happening during the process of smoking (without distraction). Because breathing is always a present-moment experience, pausing and paying attention to the sensations of the breath can be a way to return to the present moment. When we are more present, we are often more aware and less reactive and can make decisions from a stronger, clearer place. The SOBER breathing space is a practice that can extend this quality of mindfulness from formal sitting or lying-down practice into the daily situations and challenges we encounter.

Integrating Practice into Your Week

1. **Practice the sitting meditation daily** and note what reactions are taking place on to the Mindfulness Practice Log.

2. Begin by **integrating the SOBER breathing space** into your daily life. It is best to practice this in both day-to-day situations as well as in challenging situations. Make a note of your practice on the Mindfulness Practice Log.

3. **Revise/finalize your alcohol reduction goal** (complete handout).

4. **Practice mindful smoking** whenever you smoke a cigarette during the next week. Remember, do not do anything else (e.g., text, have conversations, read, drive), and only focus on the behavior of smoking. You can also bring mindfulness to the process happening right before you have a drink.

5. **Complete Noticing Triggers Handout**.

6. Optional: Review the handouts **Quitting Smoking and Weight Concerns** and **Losing a Friend When Quitting Smoking.**