Handout: Session 8 Daily Practice

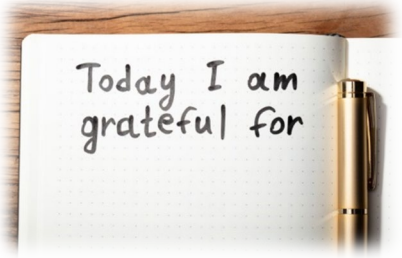
Theme

Building off the previous week, we expand upon taking care of ourselves by bringing awareness to things in our lives that are nourishing and supportive. The role of acceptance when we are faced with situations outside of our control is a focus of this week. Understanding how we respond when discomfort arises and skillfully managing such experiences is an important part of maintaining goals around quitting smoking and alcohol use.

Integrating Practice into Your Week

1. **Among all the different forms of practice, choose a pattern you intend to use on a regular basis** (e.g., sitting three times per week and body scan three times per week or simply sitting six times per week). Engage in your chosen program this week.

2. **Practice** gratitude by doing one of the following:
    a. Listening to the **Gratitude Meditation**
    b. Each evening this week, write down **3 Good Things** that happened to you that day



3. Practice the **SOBER breathing space** whenever you notice unpleasant thoughts, feelings, or cravings.

4. Finish **filling out the reminder card**, if you haven't already done so.