Home Practice - Tom

Timing to be confirmed

* Read Chapter 3
* Continue with Mindful Walk
* Continue with the 3 minute breathing space - if possible a few times a day
* Introduce the Coping Breathing Space (from the book)
* Make a gratitude list every night before sleep - noting 5 things that you feel grateful for (encourage people to take one of the notebooks in which to do this)
* Generosity - Try to do one thing every day for someone else that you don't usually do. To extend this try doing this without anyone knowing!