

Handout: Session 7 Daily Practice

Theme

We have spent several weeks paying close attention to the specific situations, thoughts, and emotions that put us at risk for relapse. Taking care of ourselves and engaging in nourishing activities are crucial parts of recovery. In this session, we take a look at the broader picture of our lives and identify aspects that support a healthier, more vital life as well as those that put us at risk. Lifestyle balance and compassion for oneself can be essential elements of a healthy and fulfilling life.



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 the **SOBER breathing space three or more times a day** (regular times and whenever you notice unpleasant thoughts, feelings, or cravings).

SOBER

3. **Engage in at least three nourishing activities** that you have marked on your Daily Activities Worksheet.