

Action plan

Ways to start relaxation and/or mindfulness practice. Be willing to experiment like Jacky did and explore resources.

Some ideas to help your plan start:

1. What relaxation and/or mindfulness can I include in my routines this week?
2. What could I use to help: CDs, Web-based resources?
3. How many minutes should I put aside for my practice?
4. When shall I do it? (Give a time in my day.)