## Practice Log - Week 5b (dealing with physical discomfort)

**FORMAL PRACTICE:** Practice at least six times this week, alternating **Sitting Meditation** (guided or unguided) with either the **Body Scan or Yoga** (Yoga 1 or Yoga 2). On the first day, though, try the Soften, Soothe, Allow Meditation. The <u>Soften, Soothe, Allow Meditation</u> is 15 minutes long, so on that day, you will have a shorter practice session (if you'd like a full 30 minutes, you can add silent meditation on your own that day). As before, don't expect anything in particular from these practices. Just let your experience be your experience.

**INFORMAL PRACTICE**: The informal practice will be to try the PAIN process at a time when you are experiencing physical discomfort or pain (see <u>The Five-Step PAIN Process</u>). The discomfort doesn't have to be major, it could just be a minor ache or physical irritation. **If you are lucky enough to have a day with no aches or pains to speak of**, ignore the "Five-Step PAIN Process" format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you had a day with no aches or pains!). We often don't take time to experience gratitude, so you might see if you can stay with the feeling of gratitude for a moment or two, and maybe even feel it in your body (e.g., warmth in chest, softness in belly, full heart, relaxed neck and shoulders...). You can make a short note about what happened when you did that somewhere on that day's row of the Informal Practice sheet.

Date	Practice Comments (include which type of practice)