# MBSR Week 6 – Homework Record

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|   | Formal Practice  |  | Informal Practice  |
|   | * Alternate 45 min sitting practice with
* Your Choice of Body Scan, or 40-minute mindful movement
 | * Record any awareness you have this week of ‘reacting and responding’
* Record when you used the 3 Step Breathing Space
* Do the mountain mediation recording once this week
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|  Date   | Practice   | Remarks   |
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