# 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 | | |
| Date | | Practice | | Remarks | | |
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