



Until next meeting

1

Do any **Focus exercise** five times.

2

Write down **two self-caring activities** that are important to you.

3

Do the self-caring activities **during the week**. Use **focus training, perspective, and acceptance** to make the activities as restorative as possible.

4

Do one **goal behavior** within the life area Leisure.

5

Use **focus training, perspective, acceptance, and life values** to handle stressful thoughts, emotions, and bodily sensations when you do the goal behavior.

6

Check the **Yes-box** when you have completed the homework.

7

Write a **comment** about how it was to do the homework. For example, if it was difficult or easy, how long time it took to do it, or similar.

Completed the homework?

Yes

No

Comments