Write down any words that you are unsure about, so we can look them up and talk about them. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer the first question before the lesson starts. Answer the other questions after the lesson.

 1. What is mindfulness? How is it different than relaxation?

C:\Users\Mary\Pictures\Arizona\joan photos\orange and black blosom.tif 2. How does mindfulness affect your ability to cope?

C:\Users\Mary\Pictures\Arizona\joan photos\drop cd2.tif 3. How could you be more mindful? When will you start?

**Which goals did you meet?**

* To improve your mood and your ability to cope by practicing mindful living
  + Describe what mindfulness is
  + Practice a mindfulness exercise or meditation
  + Discuss a way you want to work on improving your mindfulness