

benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57, 35–43. doi:10.1016/S0022-3999(03)00573-7

Kabat-Zinn, J. (2005). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York, NY: Hyperion.

Kabat-Zinn, J. (1991). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delacorte

Kohls, N., Sauer, S., & Walach, H. (2009). Facets of mindfulness – Results of an online study investigating the Freiburg mindfulness inventory. *Personality and Individual Differences*, 46, 224–230. doi:10.1016/j.paid.2008.10.009

Rock, D. (2009, October 11). The neuroscience of mindfulness. *Psychology Today*. Retrieved from <http://www.psychologytoday.com/blog/your-brain-work/200910/the-neuroscience-mindfulness>

Shapiro, S. L. & Carlson, L. E. (2009). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, DC: APA

Teasdale, J., Williams, J., Soulsby, J., Segal, Z., Ridgeway, V., & Lau, M. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68(4), 615–623. doi:10.1037//0022-006X.68.4.615

Walach, H., Nord, E., Zier, C., Dietz-Waschowski, B., Kersig, S., & Schupbach, H. (2007). Mindfulness-based stress reduction as a method for personnel development: A pilot evaluation. *International Journal of Stress Management*, 14(2), 188–198. doi:10.1037/1072-5245.14.2.188

Williams, M., Leumann, E., & Cappeller, C. (2004). *Etymologically and philologically arranged with special reference to cognate Indo-European languages*. New Delhi: Bharatiya Granth Niketan.

Table 1.

Mindful Behaviors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I am able to observe my thoughts and feelings without getting lost in them.							
I am aware of my body and physical sensations throughout the day.							
I can easily find words to describe my feelings.							
I can easily describe different sensations that I am feeling.							
I notice when my mind is wandering, and return it to the present.							
I am aware of the thoughts and emotions influencing my actions and behaviors.							
I can accept unpleasant experiences without judging them.							
I can be aware of my thoughts and emotions without judging them to be good or bad.							
I can notice my thoughts and emotions without having to react to them.							
I can pause before reacting in difficult or stressful situations.							

*Adapted from the *Five Facets of Mindfulness Questionnaire* (Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006)