

## **Homework after session 1**

In the coming week, whenever you are feeling anxious, use mindfulness techniques discussed in the session to bring yourself to the present.

- What are you seeing in the moment?
- What are you hearing in the moment?
- What are you smelling at the moment?

Research shows that even a few minutes of practice every day can help to reduce social anxiety over time.

If you can, practice these mindfulness techniques in a social situation. Kevin is trying to stay at least 60 minutes at a party in the coming week. What goal would feel like a realistic accomplishment to you?