**WELCOME!**

**Week 1 Homework**

1. Start documenting your seizures with the NES-observation log we provided. Please bring this log with you to the next group meeting.
	1. By using this NES log, we will try to track NES frequency over time to mark improvement
2. Try utilizing the “Breathing Mindfulness” exercise we practiced today (or another mindfulness technique you may prefer)
	1. Breathing exercise – below is a guide of how to start your own breathing relaxation meditation
		1. Also note that you can download mindfulness and breathing exercises (apps) on your phone and follow those. An example of one app is “headspace”
3. remember to complete your NES scales. don’t overthink the answers, contact us with my health connection if you have questions about the scales. remember to answer all of the questions and return these at week number 2 session.

**Breathing meditation example**

* Start by placing both feet on the floor to ground yourself.
* You can either have you palms placed lightly in your lap or rest them on your legs palms up to receive and create a feeling of openness or palms down to help ground yourself in the present moment.
* Start by just noticing your natural breath.  Is it slow,  is it fast, shallow or deep and do not change your breath or judge its qualities.  Notice what is going on in your body and be with that sensation as it is at this moment, not trying to change anything.
* Then take a deep inhale through your nose, filling up your lungs and expanding your belly, hold gently, then slowly exhale, slowly releasing your breath back out through your nose until your lungs are completely empty. Repeat this as many times as needed to bring relaxation and release of tension, focusing on the breath.  During breathing you may either close your eyes or keep them open.  If you would like to keep them open fix them on a non-moving object or down towards the floor.
* Each time your mind wanders gently bring it back to the present moment and the breath, without frustration or judgment.  Like all things mindful breathing takes practice and you will continue to improve your practice.
* It is okay if you start to think about other things.  Meditation and breathing are not about clearing your mind.  They are about recognizing and accepting your thoughts and then each time gently bringing yourself back to the moment and the breath.  As you get better at your breathing practice you can increase the time taken to inhale, hold, and exhale breaths.