



The Shade Project

Allowing & Letting Be Review

Thank you for completing the SHADE skill module: Allowing and Letting Things Be.

The final step in completing this module is to look back over your experiences work out what you can take away with you for use in your everyday life.

Which mindfulness skills did you use the most or like the most?

- Mindful Walking
- Mindfulness of Routine Activities (e.g. showering, cleaning, etc.)
- Mindful Breathing
- 3-minute Breathing Space
- Allowing and Letting Be

What did you learn in completing this skill module? Have you noticed any differences since completing this module? How has mindfulness helped you in your everyday life?

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Mindful Walking | Daily practice / Coping strategy |
| <input type="checkbox"/> Mindful Routine Activities | Daily practice / Coping strategy |
| <input type="checkbox"/> Mindful Breathing | Daily practice / Coping strategy |
| <input type="checkbox"/> 3-minute Breathing Space | Daily practice / Coping strategy |
| <input type="checkbox"/> Allowing and Letting Be | Daily practice / Coping strategy |