



WEEK FOUR: Home Activity

EXPLORING MEDITATION & ADDICTION

1. Which parts of the brain are activated and enlarged upon engaging in meditation practices?
2. In your own words, and from what you've learned, explain why meditation is an effective practice for managing addictive patterns and behaviours.
3. What is "resilience" and why is it important in understanding recovery?

CASE STUDIES: Based upon these imaginary "clients", determine what you think and feel the most effective meditation practices would be for each. Include colours and visualizations to focus on.

<p>Client History:</p> <ul style="list-style-type: none"> • Trouble sleeping/insomnia • Nail-biting • Reactive/Angry out-bursts 	<p>Recommendations:</p>
<p>Client History:</p> <ul style="list-style-type: none"> • Currently in emotionally & physically abusive relationship • Over-tired; depressive tendencies • Chronic pain 	<p>Recommendations:</p>

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