**Awareness of Stress Experiences**

Identify 2-3 stressful experiences this week and then reflect on them, being mindfully aware of the body sensations, emotions and thoughts you experienced as well as your immediate reaction or impulse. You won’t have to share the details, but we will reflect on this process in the group. P.S., we can learn the most from those experiences we think we could have handled better. We’re not looking for a “perfect” response. 😊

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| **Day** | **Describe your experience** | **Describe how your body felt, any sensory experiences** | **Describe any moods or feelings**  | **What thoughts did you have?** | **What did you do or have the impulse to do?** |  |  |
| ***Example:*** | *My son refused to eat his breakfast, I tried to convince him, then he threw it on floor.*  | *Face grimacing, shoulders tensed, stomach churning, face turns red, strong smell scrambled eggs* | *Agitated, disappointed, then angry* | *Why is he doing this now, we’re running late? I don’t have time! Why is he doing this to me?* |  *I yelled at him “I can’t believe you did this! clean this up and then go to your room!” right now! I felt like dragging him to his room by his hair!*  |  |  |
| **1** |  |   |   |  |  |  |  |
| **2** |  |  |   |   |   |  |  |
| **3** |  |  |   |  |  |  |  |