

## Practice and Reflection Log: Our Stress Response

Practice	Reflect	Observations & Questions
<p>To practice noticing your stress response this week, we invite you to...</p> <ul style="list-style-type: none"> <li>• Pause throughout the day to help engage your braking system.</li> <li>• Notice when your stress is rising and use "I am calm" breathing to calm down.</li> <li>• Experiment with different ways to intentionally pause when your alarm is sounding.</li> </ul>	<p>Consider the following moments to reflect:</p> <ol style="list-style-type: none"> <li>1. Become familiar with the ebb and flow of stress for you.                             <ul style="list-style-type: none"> <li>• Do you tend to go into fight, flight or freeze when stressed?</li> <li>• What happens to you when your stress is rising?</li> <li>• What do you notice in relaxation mode?</li> </ul> </li> <li>2. As you experiment with different ways of managing your stress response, notice the impact it has on your well-being and your relationships.</li> </ol>	<p>The following may spark ideas for what to note:</p> <ul style="list-style-type: none"> <li>• What did you notice? <i>Include thoughts, feelings, bodily sensations, or urges.</i></li> <li>• What insights did you glean? <i>Were there any "aha!" moments? What personal patterns did you notice?</i></li> <li>• What did you find enjoyable? What did you find challenging?</li> <li>• When else might you use this? <i>If you found a particular practice useful, how could you be intentional about utilizing it?</i></li> <li>• What questions came up for you?</li> </ul>

**Concepts:** Fight • Flight • Freeze • Amygdala (The Alarm) • Prefrontal Cortex (The Pilot) • Flipping Your Lid • Getting back online

Day/Date	Practice/Reflect	Observations & Questions	Minutes
Example: Monday 9/17	The breath as an anchor	My thoughts pulled my attention away a lot as I was practicing. Felt breath in my nose and throat. Helped to say breathing in and breathing out. For a few of the last breaths it was soothing. Might be good before bedtime. How do you observe without controlling the breath?	3-4
Example: Monday 9/17	Noticed "doing" mode	When working, thought of all the tabs I had open. Had been in "doing" mode all morning and hadn't been in "being" mode at all. Zoomed in and noticed feeling of my fingers typing. Listened to some of the noises around me. Shift in perspective, not so tense afterward.	2

