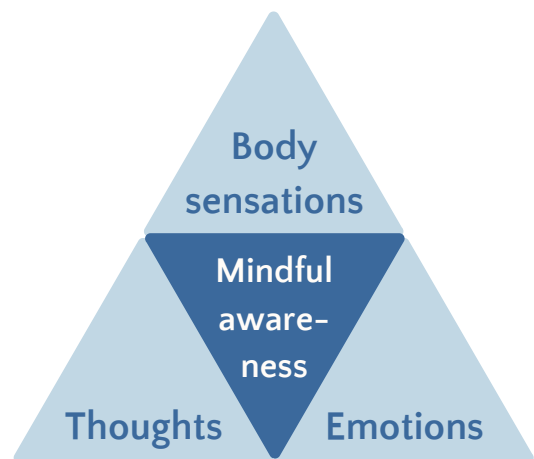


# DEVELOPING AWARENESS TO MANAGE STRESS

Mindfulness practice develops awareness around the connection between physical sensations of any kind (pleasant or unpleasant) and what is being thought in the mind and felt as emotions (feelings and moods). The more we become aware of our internal experience and notice when our body is reacting to a stressor it supports us to better understand and manage our stress response.

Using the Triangle of Awareness and the steps below, become a neutral observer to what is going on in your physical, mental, and emotional body. Build your mindful awareness, by focusing on observing and acknowledging the experience without attaching any judgement to it.



1. Close your eyes or direct your gaze downwards.
2. Take a couple of deep breaths in through your nose and out through your mouth
3. Slowly scan your body from head to toe, observing any body sensations you are experiencing
4. Pay attention to any mind wandering and thoughts that you experience
5. Notice any emotions that you might be experiencing
6. Consider how each experience may link to one another versus how each may be separate experiences in their own right
7. Before completing the practice, ask yourself what is one thing that may help you as you proceed with your day. Is it a quick stretch, a big breath, a commitment to be kinder to yourself, or simply telling yourself that everything will be ok? Whatever it may be, carry it forward with you as you finish your practice.