

# Monitoring Stress Reduction

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. Think about things that could be stressors in your life so that you can work on reducing, or eliminating, the stress.
2. Using the worksheet below, list several situations that are currently causing you stress in your life, then rate these stressors on a scale of 1 (mild stress) to 10 (extreme stress).
3. Try to give specific situations rather than generalizations such as “paying bills and trying to stick to a budget” rather than just listing “finances” or “getting stuck in commuter traffic every day” instead of just listing “traffic”.
4. Listing specific situations will assist in your determination as to whether your stress level has changed at a later date. Leave the additional two columns blank so that you may review this list again in the future as a way to monitor these stressors for any change in stress level and/or your response to the stressor.
5. Here’s an example: Amy felt very stressed each month when she got ready to pay bills and was very worried about going over her budget so she listed this as a stressor on her worksheet and rated it as an 8.
6. After a period of time working on mindfulness exercises, Amy reviewed her stressor list again and felt better able to handle her bills and her budget, but she still had a moderate amount of stress about it, so she rated it a 5.

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7. Once Amy had acclimated to a regular habit of practicing her mindfulness she once again reviewed her stressor list, and though she still noticed some stress about paying bills and sticking to a budget, it was minimal, so she rated it a 2.

### Situation

### Rating

1 (mild stress) – 10 (extreme stress)

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How will you take what you learned from this forward into your life?