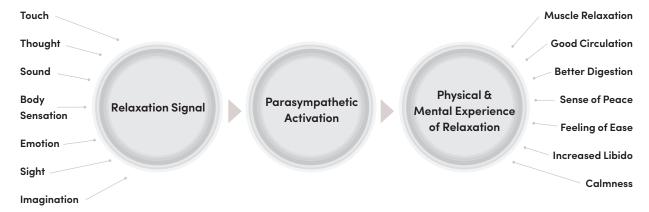




FIRST AND LAST NAME	COACH NAME				
DATE OF BIRTH	BUDDY NAME				
STRESS/ANXIETY LEVEL PRE AND POST PRACTICE					
/					
Week Three: Body Awareness					
How did Metta Meditation and/or He anxiety over the past week?	althy Self–Talk change your experience of stress and				
Which muscle groups do you store tension	on and anxiety in the most?				
Do you have any chronic aches or pains	in these areas?				
Skills taught in workshop number three:					
Body Awareness & Progressive N					
<ul> <li>Bring awareness to a specific b</li> <li>Actively tense muscle group vig</li> </ul>					
- Release the tension	orously willour straining				
- Further relax the muscle					
Week 3 Goals: Practice Body Awarene	ss and Progressive Muscle Relaxation 5-10 minutes per day.				
Stress/anxiety triggers:					
Physical signs of stress:					

Practice Design (what, where, and when):				
What brings you joy?				

## The Relaxation Response



Shift | Week Three Worksheet onemedical.com