

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 Healthy Self-Talk change your experience of stress and anxiety over the past week?

Which muscle groups do you store tension 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 Muscle Relaxation-**
 - Bring awareness to a specific body location
 - Actively tense muscle group vigorously without straining
 - Release the tension
 - Further relax the muscle

Week 3 Goals: Practice Body Awareness 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

