Northland Highways: Living More Mindfully

1. How is your stress level overall since starting college? How well do you feel you are managing your stress? What strategies are you using?
2. How did it feel doing mindfulness activities in class today? Describe your physical, mental, and emotional reactions to the activities.
3. List other activities and hobbies you already practice in your life that you believe promote mindfulness or help you relax and manage stress. What other types of mindfulness exercises might you want to incorporate into your life?
4. Identify one mindfulness exercise or activity you feel you can commit to doing once per day for the next week. We will discuss how this went at the start of class next week.
5. In addition to personal mindfulness activities, what resources on campus do you think you can reach out to in order to more effectively manage your stress? If you aren’t sure, feel free to list what you are struggling with so we can get you the resources you need!