Session 1 - Understanding Stress

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. What is noticeable now, without needing a stressful memory?

_____

_____

2. My workable anchor today: sound / contact / movement / natural breath / none.

_____

_____

3. What was helpful, neutral, unhelpful, or unclear?

_____

_____

4. One small practice I might try, and a reason to shorten or stop it:

_____

_____

Optional home practice

If useful, pause for 30 seconds to two minutes once on a chosen day. Listen to room sounds, notice contact, or move gently. Record what was workable rather than trying to build a perfect streak. Repetition is optional.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

Teaching resource only. Not therapy or medical treatment.