



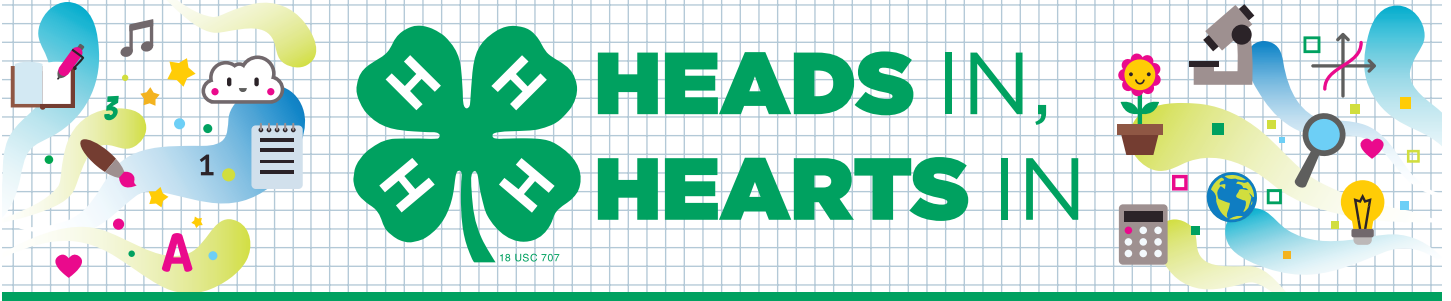
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Body, Thoughts, Behaviors” handout (1 per participant)
- Markers
- Display Table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Body, Thoughts, Behaviors” handout per participant.





Body, Thoughts, Behaviors

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will think about how you process stress and strong emotions. When you understand how your body shows you that you are stressed and recognize what you think and feel when you are stressed, you can channel your energy and avoid unhelpful or harmful behaviors.

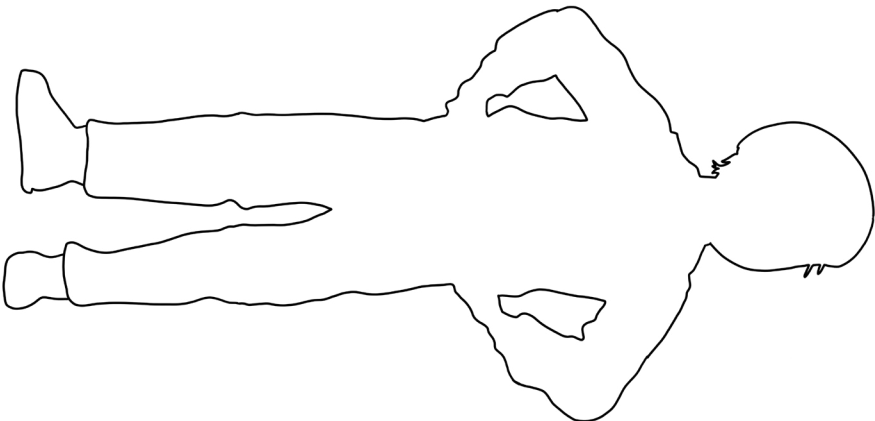
Instructions

1. Take a “Body, Thoughts, Behaviors” handout.
2. Think about how your body shows you that you are stressed. Your muscles might get tense, or you might feel flushed, start sweating or breathe quickly. Inside the outline of the body labeled “Body” on the handout, write down how your body shows stress.
3. Next, think about what you think or feel when stressed. Do you feel angry, hurt, worried, anxious, lonely or other emotions? Inside the outline of the body labeled “Thoughts” on the handout, write down what you think or feel when stressed.
4. Next, think about how you act or behave when stressed. You might yell, cry, throw things, withdraw from people, talk to a friend or take other action. Inside the outline of the body labeled “Behaviors” on the handout, write down your behaviors when you are stressed.
5. When you understand how your body reacts to stress and what you think when stressed, you can find helpful ways to manage your stress. At the bottom of the handout, write down some positive ways you can manage your stress.

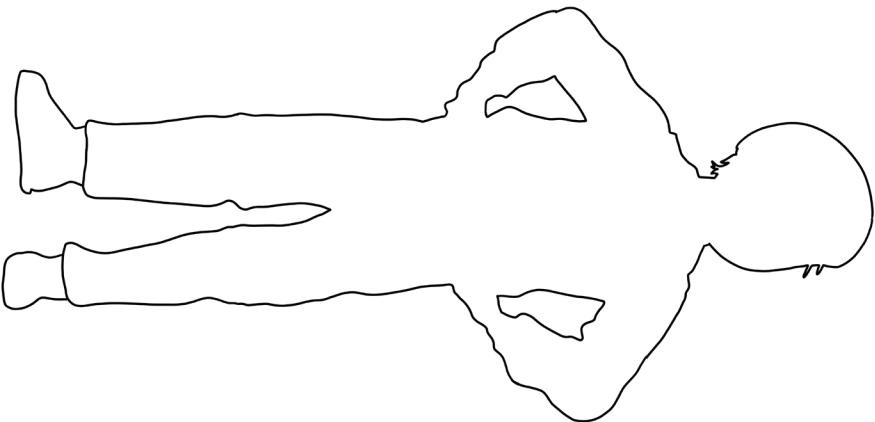
Body, Thoughts, Behaviors

Body, Thoughts, Behaviors Handout

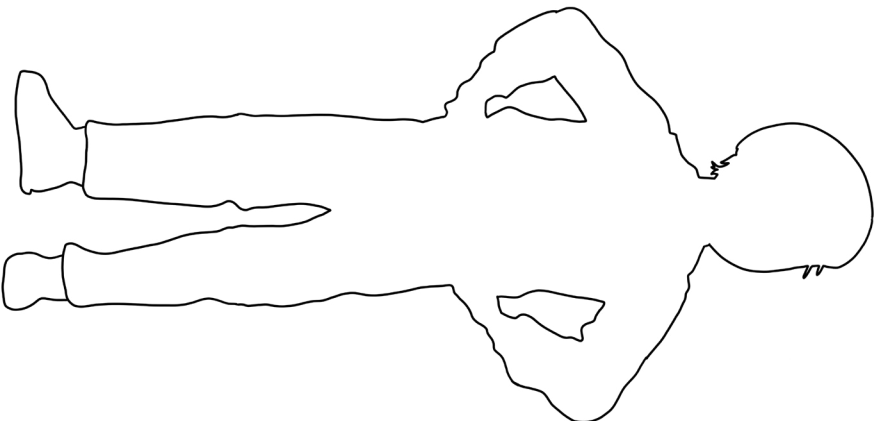
BODY



THOUGHTS



BEHAVIORS



I can cope with stress by:
