

## **MBSR TRAINING WEEK 4 SESSION HANDOUT (STRESS REACTION)**

### **THEMES:**

Stress Reaction

Working with the “unwanted” SET (sensations, emotions, thoughts) and life experiences

### **TOPICS**

Acute Stress

Automatic, Habitual Stress Reactivity

Entering the heart of the course-learned basic skills, now more about recognizing and working with stress

### **Triad of Awareness**

PHYSICAL SENSATIONS

EMOTIONS

THOUGHTS

When linked together, they are overwhelming, monolithic

When uncoupled, teased out, examined individually, we can change our habitual stress responses

Stress is a transaction between a person and his/her environment that is appraised as exceeding or taxing his/her resources. (Lazarus/Folkman)

Perception guides appraisal. Perception is based on conditioning, our memories, our past

### **Home Practice Assignment:**

Alternating **Body Scan** recording with **Lying Down Yoga** every other day  
**Sitting Meditation** 20 minutes or more per day. Set a timer.

Awareness of body sitting then chosen anchor

When ready, expand to awareness of whole body with possibility of exploring unwanted sensations, emotions or thoughts

Being empowered to dip in and pull back between your safety, growth, overwhelmed Zone (self-compassion critical)

### **Challenges:**

1. Being aware of stressors, automatic habitual stress reactions and behaviors without trying to change them
2. Being aware of feeling stuck, blocking, numbing, and shutting off to the moment when it happens this week? Do you recognize this as a pattern?

Approaching challenges as an experiment, an opportunity to possibly see and learn something new (as you might look at the 9-Dots)