



Live in THIS moment – learn to be present in just 10 weeks

Week 4 : Becoming aware of stress

1. Which negative thoughts were you aware of in the last week? What situations triggered them?

2. What went well in the last week?

3. Happiness and low-stress requires a balance of thinking and sensing. Write down a list of your activities in the last week below according to whether they were thought-based and done on autopilot, or sensory experiences (where you touched, listened, smelt, observed and tasted ... with presence). What does your list tell you?

Thinking	Sensing
e.g. planning while cooking	e.g. smelling the food as you cooked
e.g. on phone while walking dog	e.g. observing the trees on a walk

4. Plan a daily activity which you can do in the coming week which will drop you back into your senses to keep stress away (make sure it's a new one each day):

Day 1	e.g. cooking
Day 2	e.g. mindful walk
Day 3	e.g. just listening to music
Day 4	e.g. mindful eating
Day 5	e.g. visit an art gallery
Day 6	e.g. sewing/painting/drawing
Day 7	e.g. mindful conversation

5. Keep a diary of situations you stressed about that actually didn't turn out badly:

6. As you learnt in the video in week one, Mindfulness is based on 7 core attitudes or 'pillars' that nurture happiness:

Non Judgement Non-Striving Patience Curiosity
Acceptance Trust Letting go

Congratulate yourself for working on your first three pillars in weeks one, two & three – celebrate the last week's success by writing your greatest achievement with pillar 3 last week on another post-it note and stick it next to the first two, so you can see all three every day. Treat yourself again with a long bath/flowers/a walk in the park/quality chocolate.

Now, pick a fourth 'pillar' to focus on this week, with self-compassion, and write down your affirmation below. E.g. *"Today I set the intention to notice when I am feeling disinterested, and congratulate myself for noticing. I exhale indifference and apathy and inhale curiosity and a beginner's mind. I choose to release lacking inquisitiveness ... and live in THIS MOMENT."*

Daily affirmation:

Home practice:

- Each day find a quiet space and do a 10 minute sitting practice: as thoughts enter your mind, notice whether they are positive/happy or negative/worried thoughts. For each worry place a bean in a bowl. Keep a note of how many worry beans you have each day.
- Keep a diary of your sleep hours and sleep quality and reflect on what you did the day before that might have led to poor sleep that night? Plan how to avoid that situation again and set the intention to meditate afterwards, before going to sleep if it does happen.
- When something unpleasant or stressful happens, reflect on
 - the thoughts you had about the situation
 - the mood/feelings/emotions that followed
 - the sensations you had in your body (e.g. tightness, heaviness)
 - the urges you had (e.g. fight or flight?)
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Four

Chosen Attitude/Pillar or Mindfulness: _____

Day one:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day two:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day three:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day four:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day five:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day six:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day seven:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?
