



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

Week 8 : Dealing with Difficult Feelings

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. Let's face it, stressful things happen in life! And when we do things on autopilot and 'in the fast lane' we risk reacting to these situations from an emotional place, rather than responding skilfully from a grounded one.

Knowing which situations trigger feelings of stress in your life is key to being able to befriend negative thoughts when they arise. E.g. the news, certain people, traffic, bills, deadlines, busy schedule ... etc.

This week make a note of difficult experiences in your day which create feelings of stress and note how you reacted, e.g. did you shout, slam something, stomp, avoid someone, run away, feel dejected ... etc:

Day	Situation:	How you reacted or responded to it:
1		
2		
3		
4		
5		
6		
7		

4. Once we are aware of which situations make us feel stressed, we can focus on noticing what our mind and body feels like, as they are the signals of stress which.

E.g. did you feel alert, was there tingling in your hands and feet, did your heartbeat increase, did your breathing get faster, did you get indigestion, or butterflies, did you start to sweat or did you need to go to the toilet more?

And which urges did you have? E.g. to flee/avoid/ignore the stressor or confront/fight with it? Or perhaps you froze and weren't able to move/talk?

Stressful situation:	What you noticed about your mind, body and urges:
1	
2	
3	
4	
5	
6	
7	

5. As you learnt in the video in week one, Mindfulness is based on 7 core attitudes or 'pillars' that nurture happiness. Another key habit is Kindness.

This week, every morning think about situations in your life that day where you can show others kindness ... not only to benefit them, but because it releases happy hormones in you too.

Write an affirmation that will help you bring more kindness into your day, especially when you are feeling low, so that you can help yourself focus on the good you can do, rather than focus on what your mind believes is going wrong or feels difficult.

Kindness affirmation:

Home practice:

- As above, reflect on your stressors daily and make notes on how you reacted or responded.
- As above, reflect on difficult situations and note which moods, sensations and urges arose.
- Each day find a quiet space and do a 10 minute sitting practice to release the day's cortisol so you can start the next day recalibrated.
- If you feel up to it, use the Dealing with Difficulty audio to lean into something tricky
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Eight

Focus: Kindness

Day one:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day two:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day three:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day four:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day five:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day six:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?

Day seven:

What went well in your pursuit of nurturing kindness:

Which situations were challenging in trying to embrace it?
