

# Week Five

Stress reactivity vs responding wisely

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## OVERVIEW:

- Awareness of or becoming aware of one's automatic, habitual, conditioned patterns.
- How mindfulness may act as a mediator to recognize and become familiar with these patterns.
- Taking the time now to reflect will help you to notice and appreciate any positive changes that may have resulted from the practices.

## FORMAL PRACTICE & TO DO AT HOME THIS WEEK:

- Alternate Sitting meditation with Standing Yoga Sequence and either Body Scan or Lying Down Yoga
- Complete the Difficult Communications Calendar.

## INFORMAL MINDFULNESS PRACTICE:

- Bring awareness to moments of reacting and explore options for responding with greater mindfulness, spaciousness, and creativity, in formal meditation practice and everyday life.
- Remember that you can pause and ground yourself, seeing clearly those reactive tendencies, making more conscious choices as you go forward.

# Formal Practice Log - Sitting Meditation or Standing Yoga

## Week 5

Each time you practice either the Sitting Meditation or the Standing Yoga write just a few words to remind you of your feelings, sensations, and impressions of that particular experience. Things such as how you felt, what came up, what you noticed in terms of physical sensations, thoughts, etc. Try to write your impressions right after the practice.

Date / Day of the week	Formal practice comments (Sitting Meditation or the Standing Yoga)

## Formal Practice Log - The Body Scan and Lying Down Yoga - Week 5

Each time you practice either the Body Scan or the Lying Down Yoga write just a few words to remind you of your feelings, sensations, and impressions of that particular experience.

Date / Day of the week	Formal practice comments (Body Scan or the Lying Down Yoga)

# Formal Practice Log - Difficult Communication Calendar

## Week 5

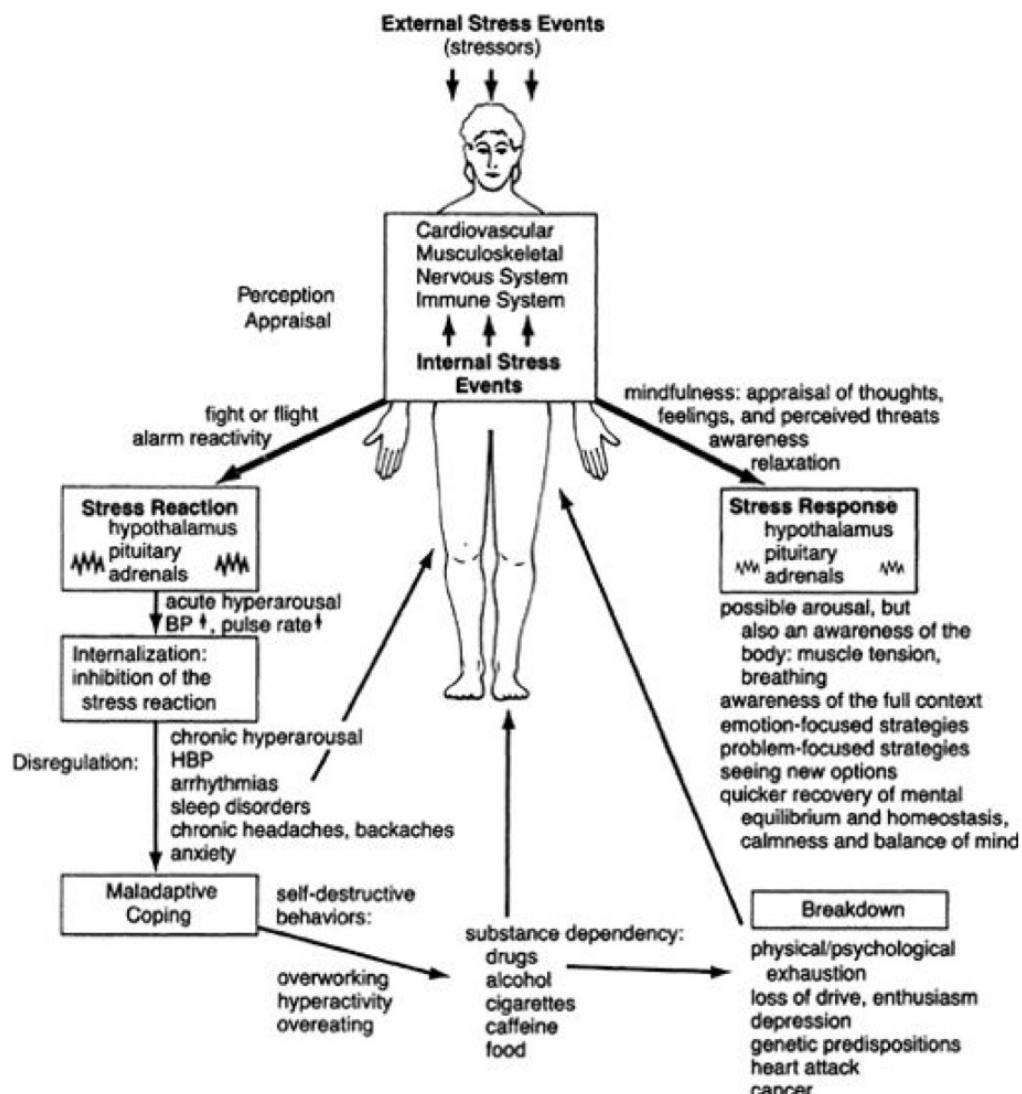
Be aware of a difficult communication at the time it is happening. Use the following questions to focus your awareness as it is happening. Write it down later

	Describe the communication. With whom? Subject?	What did you really want from the person or situation? What did you actually get?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time?
Day 1				
Day 2				
Day 3				
Day 4				

Day 5				
Day 6				
Day 7				

## Coping with Stress: Responding vs. Reacting

from **Full Catastrophe Living** by Jon Kabat-Zinn



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## CLOSED FIST OR OPEN HAND

By Danna Faulds

I've always taken a tight –  
fisted approach to life,  
clutching at my suffering  
as if nothing else exists but  
this worry, doubt confusion  
or despair. I held my misery  
close because it was known,  
instead of risking the void  
by letting go.

Now I try opening my hand,  
feeling the stiff fingers peel  
back one by one, to leave my  
palm flat, like a launch pad.

Relaxing that tight grip feels  
impossible until I do it, and  
then I am left shaking my head  
in disbelief. What exactly  
did I think I had to grasp?