

Defusing a Stressor

In this exercise, we'll bring Brief Mindfulness to bear on a stressor, and see what the effect is. I suggest choosing a stressor that's fairly significant – no so big you'll be overwhelmed, but not so small you won't notice the difference.

You can download the worksheet from the course resources page (<http://www.briefmindfulness.com/brief-intro/resources2/>), and print it out (or use a blank piece of paper!!)

Fold the worksheet in half along the dotted line, and place it in front of you with "Start Here" in the top left corner.

Having chosen your stressor, go through the following steps:

Step 1: Title, thoughts and feelings

- What would be a good name for the issue? Write it on the line
- Write down the first 5 thoughts that come into your head
- Write down 3 or 4 words that describe your emotions

Step 2: Reconnect

- Now put your pen down, Turn the paper over and do a "Reconnect."

Step 3: Title thoughts and feelings

- Write the name of this issue now? (It's usually the same as before, but sometimes a new name seems to fit better. Write down whatever seems most appropriate.)
- As before, write down the first 5 thoughts that come into your head..
- ...and 3 or 4 words that describe your emotions

Open the paper up. What's differences do you notice? How do you feel about the issue now?

Note: Usually, the effect is to get you into a more constructive relationship with the issue and significantly reduce stress levels. Sometimes, however, you'll find it brings an issue into sharp relief – increasing the stress levels, as your body helps prepare you for action!



Brief Mindfulness

Rapid stress reduction; enjoyable high performance

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