

Stress Management and Mindfulness Techniques Worksheet

Thank you for listening to Session 3. We explored the importance of looking after yourself and options for practising mindfulness. Having heard from our experts, how might you put some of the things you learned into action in your own life?

People respond to stress differently

How does stress tend to affect you? What do you notice?

If you engaged in the guided mindfulness exercise, how did it go? What did you notice?

Reducing stress and improving wellbeing

What am I going to do to reduce my stress levels?