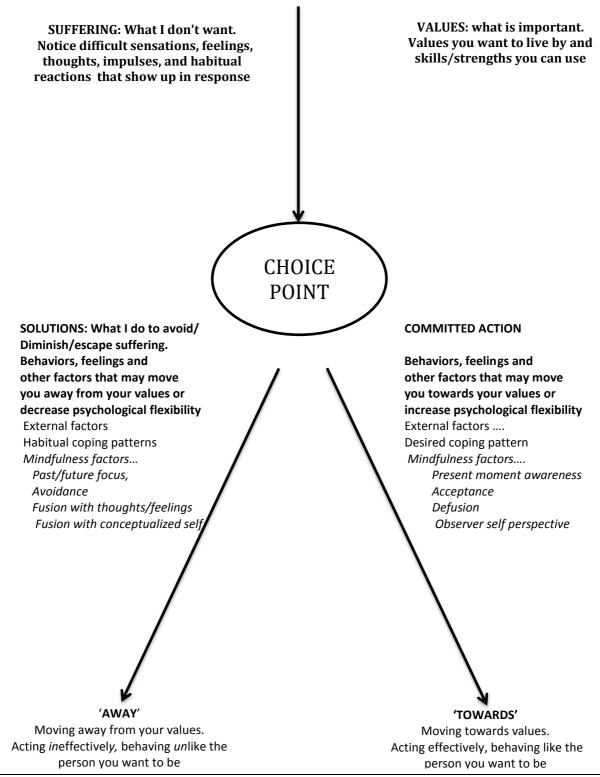
COPING WITH STRESS WORK SHEET

CHALLENGING SITUATION



At the choice point, Stop, Look & Listen

STOP – *Pause* for a few moments, slow down, move into mindfulness,

LOOK – Notice what is arising in your experience in the present moment – sensations, thoughts, feelings, impulses. *Relax*

LISTEN - Notice what is going on in the environment. Open awareness & listen deeply to others.

CROSS THE STREET – Right now, what direction do you want your life to move in; what kind of person do you want to be? Choose and *take actions that reflect your values*.