

# APRIL

## Responding to Stress

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

Find the link on our homepage.



Mindfulness  
Association

MONDAY

1

Set an intention to pause and respond skilfully whenever you feel stressed in April.

TUESDAY

2

How might you benefit from recognising and responding skilfully to stress?

WEDNESDAY

3

How do you know when you are relaxed?  
What do you notice?

THURSDAY

4

How do you know when you are stressed?  
What do you notice?

FRIDAY

5

Pause. Breathe.  
How can I look after myself today?

SATURDAY

6

Reflect on what relaxes you.  
Can you do more of this?

SUNDAY

7

When you feel stressed pause and breathe. Now what will help you?

8

To relax. Turn your head to the left, breathe out and in. Then same to the right. And repeat.

9

What helps you to relieve stress? What comes to mind?

10

What helps you to relax? What comes to mind?

{COMPASSION COURSE}

11

Stressed? Why not join our free online meditation at 10.30<sup>am</sup> each week day.

12

Walking in nature can help relieve stress. Why not try this out?

{TRAUMA-INFORMED MF WEEKEND}

13

When stressed breathe out and in through one nostril, then out and in through the other. Then repeat.

14

To let go of stress, mindfully shake different parts of the body. What happens?

15

When you feel stressed do you notice tension or clenching anywhere in the body?

16

To relax, spend a few moments clenching then releasing different parts of your body.

{LEVEL 1 ONLINE}

17

When you feel stressed pause and feel your feet. Now what will help you?

{BUDDHISM COURSE}

18

Stressed? Breathe in for 6 seconds and out for 6 seconds. Then repeat.

19

When you feel stressed, do a bodyscan before going to sleep.

{MF IN NATURE START HERE AT SAMYE LING}

20

When you feel stressed, take a relaxing bath or shower.

21

Relax and join our community of practice, free, live and online at 7pm week days.

22

Look at the sky, watch the clouds, release tension and just be.

23

Stressed? Dance to your favourite tune. Shake it out.

24

To relax. Lie down, place a book on your belly and breathe in to the book, breathe out and release.

25

How do you notice stress? Clenched, sweaty, red faced? Notice and look after yourself.

26

Place a hand on your heart as a soothing gesture of self-care when stressed.

{COMPASSION IN ACTION AT SAMYE LING & RETREAT WEEKEND}

27

Relax the face. Place a half smile on the face that reaches the eyes. What happens?

28

Stressed? Pause. Notice. Breathe out for longer. What happens?

29

Reflect on what stresses you?  
Can you reduce your stressors?

30

Reflect back over the month. What helps reduce stress and increase relaxation?

TRY OUR MEMBERSHIP  
FOR JUST £10

~ for a 6 month trial period ~  
(see if it works for you)

Visit our website for details.