Self-Awareness Check-In

If I start to feel distressed, numb, angry or overwhelmed during the training:

1. I can take a break
2. I can talk to ______________ about my feelings
3. I can think about or do something funny
4. I can think about my__________________________
5. I can stretch, walk around in the room, leave the room, or go for a walk
6. I can eat a nutritious or not so nutritious snack
7. I can ask for support from ______________________
8. Or I can _______________________________
9. Or _______________________________

These things tend to add to my stress:

What usually helps when I feel overwhelmed is:

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