

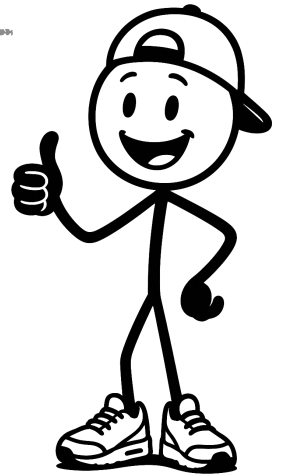
Harmonizing Stress Session Reflections



Scan for a Digital Handbook
Session Handout including
Resources!

Chris Grifa -The Midwest Band and Orchestra Clinic

Recoding Stress



4-Steps to Recoding Stress

- Step 1: Awareness
- Step 2: Smile
- Step 3: "Thank You, I'm Choosing Something Different"
- Step 4: Recode to Positive

Self-Talk

- Are you aware of any phrases you say to yourself or to others that could be considered negative self-talk? Be aware of "I am" statements. Write yours below.
- Re-code your negative self-talk statement from above as a positive self-talk statement. How does that feel different?

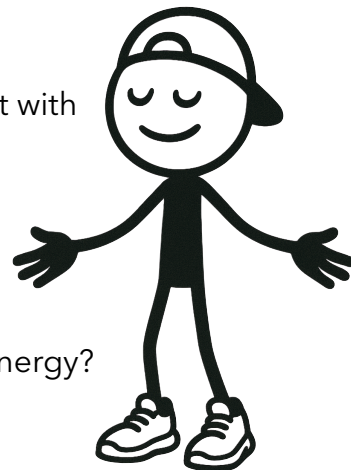
Worry

- What do you worry most about? Be aware of "I hope" statements. How can you "recode" your most common worry?

Energy Transference and Releasing Energy

Activity Reflection: Which releasing energy example did you connect with the most? Did you notice a difference in how you felt?

- When during the day would you have the opportunity to release energy?



Breath Awareness

Activity Reflection: What did you feel in your body when you took a hyperventilation breath? Have you felt that “feeling” before? If so, when?

Activity Reflection: How did your body feel when you took our “breathing for life” breath? How can you incorporate this breathing into your day?

InLightness

Unresolved Issues

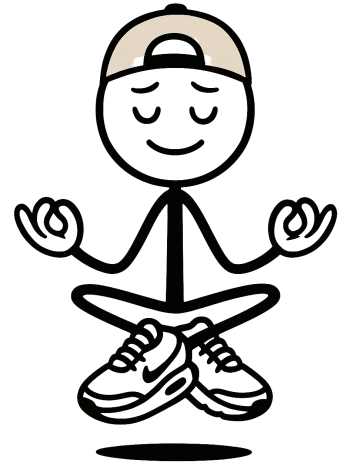
- Are there any of these lesser known stressors that connected with you? Are there other stressors that could be affecting you as well? Could these stressors be affecting your life in ways not mentioned?
- What does “enlightenment” mean to you? How about “InLightness?” Do you believe feeling lighter is achievable for you?

Mantras

- What do you currently believe to be true about mantras?

Activity Reflection: How did you feel after reciting our mantras?

- Did you connect with one of the mantra examples?
If so, which one?



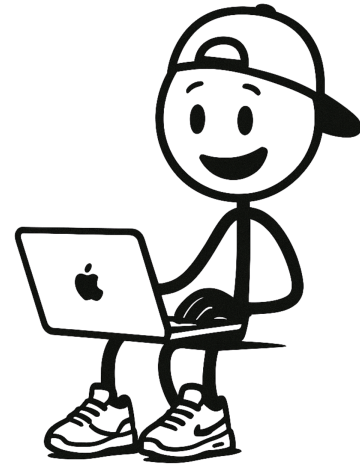
Meditation and Quieting your Mind

- What do you currently believe to be true about meditation?

Activity Reflection: How did you feel after our 1-minute meditation?

- How active was your mind during the meditation?

Activity Reflection: Did you connect with one of our “Quieting the Mind” examples? If so, which one?



Your Journey

Creating Your Toolbox and Time Creation

- Out of the activities we have explored, which would you like to possibly look into further? Use the resources included in the digital handout and write down some personal growth activities you may be interested in adding to your toolbox.
- Where could you create time to integrate a personal growth activity into your schedule?

Recoding your Space and Life Coaching

- List two areas of your life that tend to bring you the most stress. These can be locations, situations, people, relationships or anything else that can be personal to you. Name one way that you could try to bring “lightness” to each of those areas.
- Mentorship is extremely important and beneficial. Do you currently have a mentor? If not, name somebody you would be interested in talking to. Can you make it an “action” step to connect with this individual?
- Rate from 1 (low) to 10 (high) on your current comfort level talking to a life coach about your current life goals. Your rating: _____

Work-Life Harmony

- How do you view your current work-life balance?
- What is one small adjustment that you could make that could make that could bring your work-life balance into harmony?
- Rate the following from 1 (lowest) and 10 (highest) on your current level of fulfillment.

Relationships _____ **Family** _____ **Health** _____ **Intellectual Life** _____

Emotional Life _____ **Spiritual Life** _____ **Finances** _____ **Career** _____

Session Reflection

- **Awareness:** Write down one aspect of stress that you want to be more aware of in your life.
- **Acceptance:** Write down one statement sentence on an area of your life that you can work on bringing acceptance to.
- **Action:** Write one small achievable action that you can do today to start your continue your personal growth journey.
- **What is your biggest takeaway from this session?**



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