



Weekly Exercises: WORKSHEET 1c2

THE TAKE 5 GROUNDING EXERCISE (about 5 mins)

A. Acknowledging

- I'm aware that my attention went to..
- I'm aware of... the thought that..
- I'm aware of the sensation/feeling of...
- I accept that it's already there
- I'm now out of autopilot

B. Breathing Body Scan

- Begin to breathe a bit more deeply and slowly,
- Noticing the air going all the way in and all the way out
- Relaxing the stomach muscles / diaphragm
- Pacing your breathing with your favourite sequence
- Relaxing the muscles from top to toe, allowing your whole body to settle
- Noticing areas of tension or discomfort and relaxing them as you breathe out

C. Centering

- Becoming aware of being here and now
- Observing your body, expression and posture
- Bringing your attention back to this moment; accepting that mind-wandering is normal
- Noticing contact points with the surface below
- Grounding with your feet, feeling the contact with the ground/floor; sensation in the soles
- Noticing sounds in and outside this space, noticing your breathing
- Observing only - no need to fix or change things
- Stretch or move (even subtly) to shift gears

D. Directing

- Direct your attention to where it needs to be now/next
- Use questions to activate control centre in brain
 - What's the task at hand (priority)?
 - What's the best sensible action now?
 - Where should my attention be now?

E. Engaging

- Engage: Start or continue action if ready
- Exit: tactical withdrawal to seek advice or try another tactic (plan B)

Practice of The Take 5 Grounding

Week #

Day	1	2	3	4	5	6	7
Done							

THE SIGNS OF COMPOURE I'm noticing

Feeling

- A relaxed feeling in the body
- Heart rate at a comfortable level
- Breathing comfortably
- Feeling awake and alert
- A sense of calm
- A sense of patience
- Positive emotions

Thinking

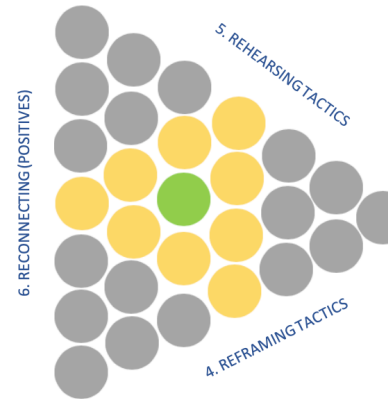
- A sense of good concentration
- A sense of positive, constructive thoughts
- A sense of being centred and present
- A sense of being well-paced
- A sense of self-control over one's actions
- Ability to zoom out and take perspective

Flow on effects

- Composed body language
- Composed facial expressions
- Ability to just observe without fixing
- Staying on task or returning to task
- Ability to sit with uncomfortable situations
- Ability to be still and NOT REACT to triggers

Main Goal _____ Initials _____ Date _____ Week _____

1. RECOGNISING TACTICS



Tactical Composure: deliberately applying easily-actioned composure tactics and exercises, for longer-term benefits in resilience, productivity and wellbeing.

3. RE-FOCUSING TACTICS

Mindset Tips: Be intentional, curious, open and patient. Practice versus perfection. A choice to exercise (or test-out) this composure tactic, regardless of what's been happening and what's around.

2. REGULATING TACTICS

NOTES ABOUT TRIGGERS & TACTICS

TRIGGERS - themes and insights



TACTICS – themes and insights



NOTES and QUESTIONS

Reframing – choose one situation from this week, that provoked tense thoughts (5-10 mins)

NOTICE AUTOMATIC THOUGHTS
Write your automatic thoughts, using the actual words and sentences you notice in your mind.

REFRAME TO DELIBERATE HELPFUL THOUGHTS
Write your 'reframed' thoughts, using the actual words and sentences you would rather think, to better serve you, others and your goals in the situation.

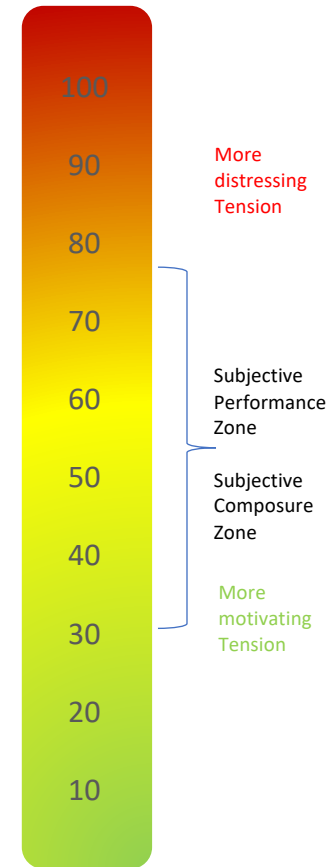
Self-Instructional Method (SIM) – choose one situation that's likely and prepare (5-10 mins)

WHEN "X" SITUATION OCCURS....
Describe the specific situation, thought, feeling and/or behaviour that occurs (will occur again in the future).

I WILL DO "A, B, C,..."
Describe the helpful and deliberate things you will do, think and/or say.

SUBJECTIVE TENSION LEVELS (STLs)

100 = HIGHEST EVER
TENSION LEVEL: stress, frustration, anxiety



0 = LOWEST EVER
TENSION LEVEL: calm, relaxed, almost asleep

CHOSEN EXERCISES - MONITORING FORM

MY Favour Regulation Tactic to Practice: ____ 5-10 mins daily

Week #

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

OUTCOMES NOTES _____

My Self-Recommended Tactic to Practice: ____ mins per ____

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1		
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OUTCOMES NOTES _____

