

In-the-Moment Stress Processing

- Notice Stress
- Shift to the Body/Heart
- Activate a Positive Memory/Feeling
- Act from the Heart

Notice Stress

- Identify Stressors
- Notice where your body is holding the stress
- Notice your thoughts and Feelings



Shift to the Body & Heart

- Intentionally shift your attention to your body and focus on your heart area
- Add spiritual images, sentiment, and prayers to increase the positive affect



Activate a Positive Experience

- Recall a fun time – remember how it felt!
- Recognize a meaningful feeling of love, care, or appreciation
- Let the feeling affect your heart & body –NOW!



Act from the Heart

- Let your heart lead your head to action
- Use your intuition or gut feelings to drive your response
- Act on your first common sense, sincere, practical solution

