|  |  |
| --- | --- |
| docbox-translate-flip | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Informal Practice Log (STOP: One-Minute Breathing Space) – Week 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **What was the situation?** | **What was going on with you when you thought to take a Breathing Space? (body, mind, emotion)** | **What did you notice WHILE you were doing the Breathing Space? (body, mind, emotion)** | **What did you notice AFTER you did the Breathing Space? (body, mind, emotion, action)** | **What did you learn?** |
| ***EXAMPLE***I was in a meeting where someone was saying something I knew to be untrue. | My heart was pounding, my stomach was tight, I felt angry and I thought “He KNOWS that’s not true!” | Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit. | My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.  | Without the break, I would have reacted automatically and said something I’d regret. I can use getting aroused as a signal to use a Breathing Space. |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |