



Meeting pressure with more support

The skill of breathing · name: _____ · date: _____



Stress may appear before an exam, after a difficult message or in response to demands that have lasted too long. Noticing the response can help us choose support, but stress is not always something an individual can breathe away. This lesson offers several practices alongside the need for rest, practical help and changes to the conditions causing pressure.

What we are practising

By the end of this lesson, you can notice one sign of stress and try several optional practices that may create a little space during pressure.

During the activity

Build a pressure toolkit: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

How could someone use one practice from the lesson, such as the finger trace, an external anchor or asking someone for help, to steady themselves in a tense moment?

Exit ticket · Meeting pressure with more support

According to the lesson, what is stress?

- a) A sign that something is seriously wrong with a person
- b) The body and mind responding to demand
- c) A permanent character flaw that cannot change
- d) A sign that a person is not trying hard enough to relax

I can describe where stress can show up in the body and name more than one kind of support, including a breathing practice, that may help in a tense moment.

☐ more than before ☐ about the same

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