Tool Tracker | Stress Preparedness



This tracker	belongs	to:
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How to Practice Stress Preparedness

Practice for **2-3 minutes** at least **once a day** for **6 weeks** by adding it to something else you usually do daily. Choose one method from the list below, or mix them up.

- With eyes open or closed, rub two fingertips together, feeling all of the sensations (for 2-4 breath cycles)
- With intent focus, take in the visual aspects of one object or area in your field of vision (for 2-4 breath cycles)
- With eyes open or closed, listen closely to the nearest sound (this may be your own breathing) for two breath cycles; then listen to the most distant sound you can hear for two breath cycles

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	Mental Muscle Built
Ex. One	Touch III (x3)	Sound II	Visual IIII	Sound II	Touch II	Visual I	Touch III	17