

# Mindfulness Log

Name: \_\_\_\_\_

Step 1: SWBAT practice mindfulness techniques in class and write about each experience in a mindfulness log

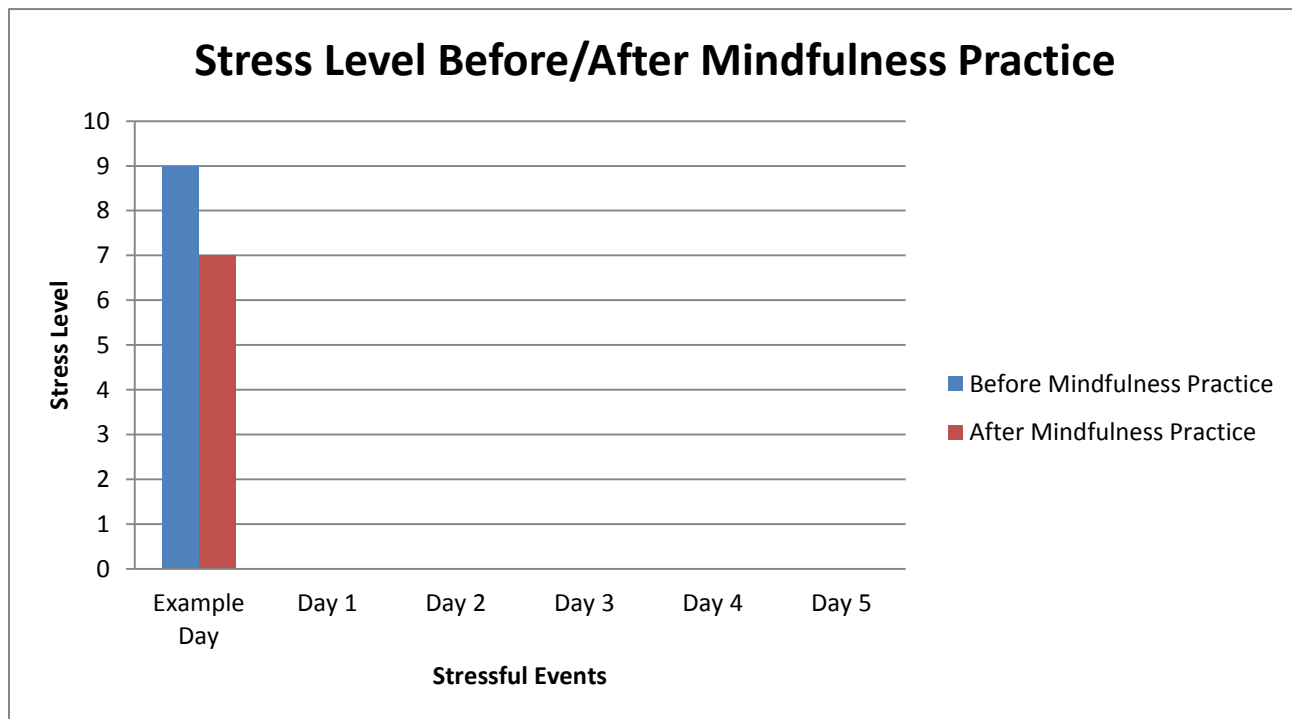
**Directions:** For each day, reflect on how you are feeling and record this on a scale of 1-10. After you practice your mindfulness technique, record how you are feeling again.

**When rating your stress level from 1-10, 1 means no stress at all and 10 means the most stressful event you can imagine.**

DATE	BEFORE Rate your stress from 1-10	What mindfulness technique did you practice?	AFTER Rate your stress from 1-10	What did you notice happen in your mind and body afterward?
EXAMPLE 3/30/2015	5	Closed my eyes and practiced observing my breath	3	My muscles were relaxed

**Step 2: SWBAT analyze the effect of putting mindfulness techniques to practice by comparing their happiness before and after one week.**

For each of the times when you used your mindfulness technique, please graph your beginning stress level and your final stress level



Directions: Use the tables on the previous page to answer the following questions.

- 1) On the graph, what did you notice? Did your stress typically ***increase or decrease***?
  
  
  
  
  
  
  
  
  
  
- 2) Which mindfulness practice did you use most often?
  
  
  
  
  
  
  
  
  
  
- 3) Which mindfulness technique caused the most decrease in stress?