Accepting Range of Emotions

<table>
<thead>
<tr>
<th>Situation</th>
<th>Negative Emotion</th>
<th>Word/Phrase/Image of ACCEPTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What one situation Can create aversive Emotions that you Cannot shake?</td>
<td>What is the typical Negative emotions?</td>
<td>What word, phrase or image could you bring to mind to remind yourself to focus back on the task at hand of Practicing or Competing?</td>
</tr>
</tbody>
</table>

Stress Reduction Strategies:

1. Imagine you feeling and responding just the way you want to!

Engaged Practice: Practice SEEING and FEELING yourself respond the way you

* I emotionally feel ________________________.
* I focus on _____________________________.
* I encourage myself, by thinking ____________________________.
* This is important to me ____________________________.
* I see ____________________________________.
* I physically feel ____________________________.

2. Breath Control Practice

3. Relaxation Response Four elements underlying Relaxation Response:

1. A quiet place
2. Comfortable position
3. Mental Devise
4. A passive attitude

Adapted from a Sports Worksheet

Workshop Led by: Amy Baltzell

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