

## Welcome to Class #4

If you have been doing the homework practices and attending class with commitment, you will no doubt have made some interesting observations about yourself and your everyday experience. You may have re-learned or remembered things you already knew, or you may have had a flash of insight into something brand new. All awareness is valuable.

For the next couple of classes, we will be looking at **stress as a normal human response to perceived threat** and explore **how this useful human ability can “run amuck” and even cause harm.**

Developing **awareness of our *automatic or habitual* stress reactions** can be a first step to making change that can lift us out of emotional ruts and get us back into a more alert, responsive and creative route through life.

By **accepting each moment as it unfolds, just as it is**, without *minimizing, embellishing or judging*, **we reduce wear and tear on ourselves, and on those who share life with us** at work and at home.

We will begin to **observe the signs of stress** in ourselves, and explore what **options** we have when we become aware of stress in our bodies and thoughts.

When in doubt, slow down and pay attention. Begin again, with a breath. Gather yourself back into the present, and see what's *really* up.

A handwritten signature in cursive script that reads "Geri".