

Welcome to Class #6

This week in class we focus on informal practice: You have completed a “Difficult Communications Log”, a way recalling situations that involve “people stress”, which are often unpleasant. In class we will explore some typical habitual reactions to difficult communication at home, at work and in other communal activities. You will have a chance to identify your own habits and inventions for dealing with “people stress”, to apply what we know about the biological roots (“fight or flight” reactions) of such habits, and to explore how we might mediate this with thoughtful, creative alternatives.

All of the formal practices we have learned in the class so far, help us become more skilled at responding rather than reacting to stress: a respectful and friendly attitude toward ourselves; finding the breath; staying calm and curious when our bodies signal stress or discomfort; pausing before reacting; and making responses that support “**connection**” with self or others rather than immediately defaulting to defensive “**protection**” strategies.

Present moment awareness, centered in the body with focused thinking, self-compassion, and positive intent creates the steady base for making sound decisions for ourselves, and interacting skillfully and productively with others.

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