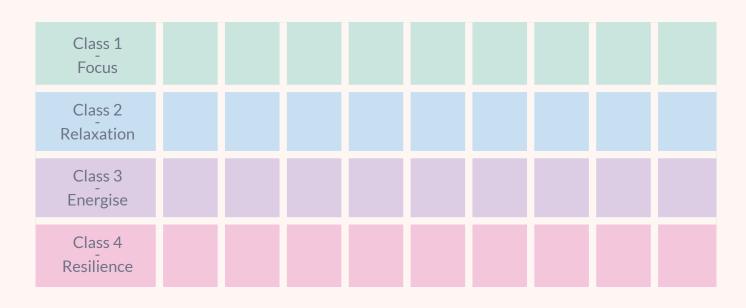
Behaviour Tracker & Mindful Reflections



UCLAN YOGA BREAK PROGRAM

Track your behaviour below by ticking the relevant box every time you practise:



Use this space to record any reflections you have during your experience. You are welcome to journal freely, use the prompts as an aid or not journal at all if this is not something that interests you. <u>ROSE</u> : Use this box to record any highlights or positive experiences.



Did you enjoy any of the videos?

Were there any particular aspects that resonated with you?

Did you feel aware of your emotions, feelings or sensations?

Did you feel connected with your body or mind?

Did you experience any moments when you felt alert, aware or connected to the present moment?

Did you notice any positive changes in your mood?

Was it interesting to notice your patterns of thinking?

Did practising help you to refocus, relax, feel more energised or build your resilience?

<u>THORN</u>: Use this box to make note of any challenges you experienced or things you did not enjoy.

Identify any difficulties or anything that you found stressful. Consider anything that prevented you from practising. Did you notice any negative changes in your mood or thought patterns? Would you have preferred to spend your time doing something else? Did you experience any challenges associated with slowing down and noticing your thoughts, sensations or patterns of thinking? Did you find any of the instructions difficult to follow? Did you connect with the teacher and teaching style? <u>BUD</u>: Use this box to record any new ideas or something you're looking forward to knowing or understanding more about.

Are you interested in learning any more about yoga?

Do you have any questions?

Is there a particular aspect of the yoga program that interests you?

Do you feel you will continue practising?

Do you feel the skills you learned will be useful in your future career and relate to the degree that you are studying?