

PREhabilitation Worksheet: Let's Train and Trust!



The next time you anticipate or step into a stressful or anxiety-producing performance event or interpersonal interaction, focus your awareness on:

Your Physiological and Physical Responses.

What do you feel—physically? Try to be as specific as possible.

- Do you feel jittery? Shaky? Short of breath? Are you sweating? Blushing? Is your heart racing?
- Describe your natural physical responses:

Your Mental Soundtrack:

What mental messages are you hearing in your brain? What does your mental soundtrack sound like? Can you listen to, and transcribe, the (possibly unpleasant) messages you are hearing?

Your Emotional Barometer:

What specific emotions are you feeling?

Now, Let's Pause and Recalibrate.

Slow Breathing: Breathe slowly, ten breaths per minute...Inhale for three seconds, then exhale for three seconds. Slow breathing activates the parasympathetic nervous system, calming down our sympathetic nervous system.

Posture Recalibration: Next, activate a strengths-based posture. Adopt a balanced stance: place both feet evenly weighted on the floor, elongate the spine, shift your shoulders back, and open your arms and hands. Breathing within this open posture, we facilitate productive energy, blood, and oxygen flow.

Mental Reboot (Arousal Reappraisal): Next, let's relabel the physical responses as *beneficial* rather than *inhibitory* to performance; physical stress responses spur us into action! Also, let's activate a new mental soundtrack. What are 3–5 tangible true statements about your ability to handle this situation?

Let's Step Into the Eustress Zone.

If we remind ourselves that we can recalibrate our breathing, posture, and mental messages *in the moment* to regain control, we can step into each stressful scenario with fortitude. Intentionally lingering in the eustress zone (experiencing manageable discomfort), we engage with hormesis. With each eustress episode, we buffer (i.e., strengthen) ourselves against future stressors. We reduce our allostatic load over time. So, let's get to know our eustress zone (our IZOF).

Let's train, then trust our training!

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