

Stress-Awareness Exercise

Biodots are one technique that can help us to become more aware of how we experience everyday events and where the areas are in our life that may be causing us to feel negative stress.



What The Colors Mean

BLACK		87 F	- Very Tense
AMBER OR BROWN		89.6 F	- Tense
YELLOW		90.6 F	- Unsettled
GREEN		91.6 F	- Involved
TURQUOISE		92.6 F	- Relaxing
BLUE		93.6 F	- Calm
VIOLET		94.6 F	- Very Relaxed

An effective way to become aware of stress that we experience but don't consciously register is through the use of Biodots. Biodots are liquid crystals that change color in response to changes in body temperature. The dot which is applied to one's skin uses this color code: blue (very relaxed), turquoise (relaxing), green (involved), yellow (unsettled), amber (tense), black (very tense). Biodots can be used to build awareness of one's body and mind; to increase awareness of how one feels, physically and emotionally, when relaxed and when tense. After applying the Biodot, it is left on for at least 10 hours, and during that time, it should be checked at least once an hour, especially when one feels relaxed

or tense. If the following are noted each time the dot is checked, it can help one to become more aware of situations when experiencing stress: the time, the color of the dot, activity, emotional state, and physical state.

(It is important to be aware that biodots are not always an accurate indicator of stress, but they do often provide clues. Biodots change color as a result of skin temperature, so that if you are in a cold environment, lack of color change would likely be related at least in part to reduced skin temperature.)

Name: _____ Date: _____

Time	Stress-Level (color)	Activity	Emotional Feelings	Physical Feelings
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Adapted from Chudnofsky & Malloy (2008). Education Initiative. Benson Henry Institute for Mind Body Medicine. Boston, MA. LAV.2010