

SOAR Therapy – Between-Session Practice

These activities are meant to support reflection, balance, and emotional awareness between sessions. Choose one or two to focus on each week—this is not about doing everything perfectly.

1. Stress & Overwhelm Check-In

Once a day, pause and rate your stress level from 1–10. Write down what was happening at that moment and what helped (even a little).

2. Boundary Practice

Notice one situation where you felt pressure to say yes. Ask yourself:

- Did I actually want to do this?
- What would it look like to set a small boundary?
- How did it feel to consider saying no?

3. Identity & Values Reflection

Write a short response to one prompt this week:

- Something I value that has nothing to do with grades or performance is...
- I feel most like myself when...
- A strength I have that others may not see is...

4. Emotional Awareness Practice

When you notice a strong emotion, pause and name it. Complete the sentence:

“Right now I feel ____ because ____.”

Then notice where you feel it in your body and take three slow breaths.

Remember: Progress comes from awareness, not perfection. Bring anything you notice—questions, challenges, or successes—into our next session.

SOAR Educational & Mental Health Therapy

Supporting growth, balance, and resilience