



mental health worksheets

**CBT | DBT | MINDFULNESS | GRATITUDE
EFT | JOURNALING | EMOTION REGULATION
COPING SKILLS + PROCESSING**

strengths

S T R E N G T H S C H E C K L I S T



CIRCLE ALL THAT APPLY

OPTIMISM / HOPE
SENSE OF MEANING
FAITH / SPIRITUALITY
EMPATHY
COMPASSION EXERCISE
ACADEMIC ACCOMPLISHMENTS
DAILY LIVING SKILLS
FLEXIBILITY
SENSE OF HUMOR
SUPPORT RELATIONSHIP
FRIENDSHIPS
OPEN TO CHANGE
EXERCISES REGULARLY
NUTRITIONAL AWARENESS
UNDERSTANDS NEEDS
RESOURCEFULNESS
NO KNOWN LEGAL ISSUES
CAPACITY FOR FRIENDSHIP
ADL'S ARE ACHIEVED REGULARLY
FLEXIBLE SELF-VIEW
INSIGHT INTO LIFE CHOICES
HOBBIES / SPECIAL INTERESTS
GOAL-DIRECTED
MOTIVATED
STABLE FAMILY LIFE
COMMUNICATION SKILLS
SENSE OF EMPOWERMENT
WORK HISTORY
EMPLOYMENT SKILLS
LIVING ENVIRONMENT
POSITIVE SELF IDENTITY
CULTURAL IDENTITY INTEGRATION
RESILIENCE
HUMOR

FAMILY STRENGTHS
SOCIAL CONNECTEDNESS
EDUCATIONAL SETTING
TALENTS AND INTERESTS
SPIRITUAL PRACTICES
RELIGION
CULTURAL IDENTITY
COMMUNITY LIFE
NATURAL SUPPORTS
RESILIENCY
CAREGIVER RESOURCES
INVOLVEMENT WITH CARE
SOCIAL RESOURCES ACCESS
RESIDENTIAL STABILITY
NO MEDICAL ISSUES
NO TRAUMA HISTORY REPORTED
DEVELOPMENTAL SAFETY
MEDICATION COMPLIANCE
INTIMATE RELATIONSHIPS
INDEPENDENT LIVING SKILLS
TRANSPORTATION
RESIDENTIAL STABILITY
CAREGIVING ROLES
EMPOWERING RESPONSIBILITIES
SELF-CARE
INVOLVEMENT IN RECOVERY/TX
JOB HISTORY
VOLUNTEERING
BASIC NEEDS MET
GROUP PARTICIPATION
ASSERTIVENESS

THE Strengths WORKSHEET



BOOST YOUR CONFIDENCE AND REDUCE STRESS WITH OUR STRENGTHS-FOCUSED WORKSHEET

HELP YOUR STRENGTHS AND ACTIVELY INCORPORATE THEM INTO YOUR DAILY ROUTINE OVER 28 DAYS. BY FOCUSING ON YOUR STRENGTHS, YOU CAN REDUCE STRESS, INCREASE YOUR CONFIDENCE AND SELF-ESTEEM, AND IMPROVE YOUR OVERALL MOOD. LEVERAGING YOUR STRENGTHS CAN ALSO HELP YOU STAY CONSISTENT AND REACH YOUR GOALS MORE QUICKLY.

STEP #1 CHECK YOUR STRENGTHS

- ADAPTABLE
- AFFECTIONATE
- AMBITIOUS
- ARTICULATE
- ASPIRING
- CALM
- CANDID
- CAPABLE
- CARING
- CHARISMATIC
- CHEERFUL
- CLEAR HEADED
- COMMUNICATIVE
- COMPETITIVE
- CONSIDERATE
- COOPERATIVE
- COURAGEOUS
- COURTEOUS
- CREATIVE
- CURIOUS
- DECISIVE
- DETERMINED
- DEVOTED
- DILIGENT
- EFFICIENT
- EMPATHETIC
- ENDURES
- ENERGETIC
- ENTHUSIASTIC
- EXPANSIVE
- EXPERIENCED
- FLEXIBLE
- FOCUSED
- FORGIVING
- FORTHRIGHT
- FRANK
- FRIENDLY
- GENEROUS
- GRATEFUL
- HARD-WORKING
- HELPFUL
- HONEST
- HUMBLE
- IMAGINATIVE
- INDEPENDENT
- INNOVATIVE
- INSIGHTFUL
- INTUITIVE
- INVENTIVE
- INVOLVED
- KIND
- MATURE
- METHODICAL
- METICULOUS
- MODEST
- MOTIVATED
- NATURAL LEADER
- NEAT
- OBJECTIVE
- OPEN MINDED
- OPTIMISTIC
- ORGANIZED
- OUTSPKEN
- PAINSTAKING
- PASSIONATE
- PATIENT
- PERCEPTIVE
- PERSEVERES
- PERSUASIVE
- POLITE
- PRACTICAL
- PROACTIVE
- PRUDENT
- PUNCTUAL
- REALISTIC
- RELIABLE
- RESOURCEFUL
- RESPECTFUL
- RESPONSIBLE
- RESPONSIVE
- SEASONED
- SELF-CONFIDENT
- SELF-DIRECTED
- SELF-DISCIPLINED
- SELF-RELIANT
- SELFLESS
- SENSIBLE
- SERIOUS
- SINCERE
- SOCIALE
- SYMPATHETIC
- SYSTEMATIC

Discover Your Skills and Strengths

- EVALUATE YOUR SKILLS BY ANSWERING THE FOLLOWING QUESTIONS:

- WHAT AM I GOOD AT?

- HOW DO I DO THINGS? ALONE OR TOGETHER?

- WHAT SKILLS AND KNOWLEDGE HAVE I ACQUIRED?

WHAT ABILITIES & SKILLS DO I
WANT TO DEVELOP IN MYSELF?

Strengths + skills



1. BRAINSTORM SKILLS LIST

THINK ABOUT EVERYTHING YOU CAN DO! YOU WILL PROBABLY SURPRISE YOURSELF WITH HOW MUCH YOU KNOW!

TICK WHAT YOU CAN DO AND LIST THE SKILLS UNIQUE TO YOU.

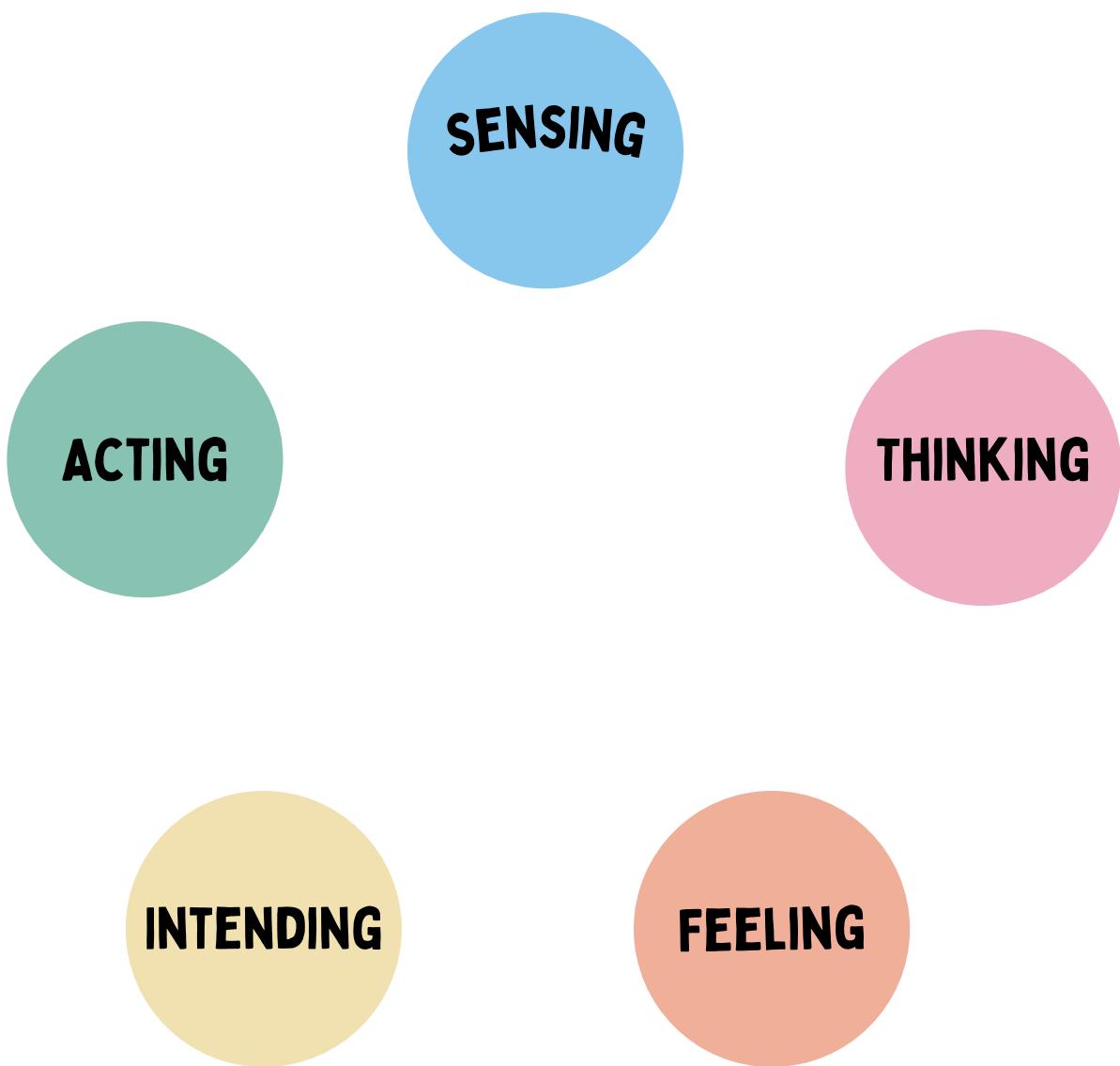
2. YOUR 6 TOP SKILLS

Tick three skills you feel are your super powers / strengths

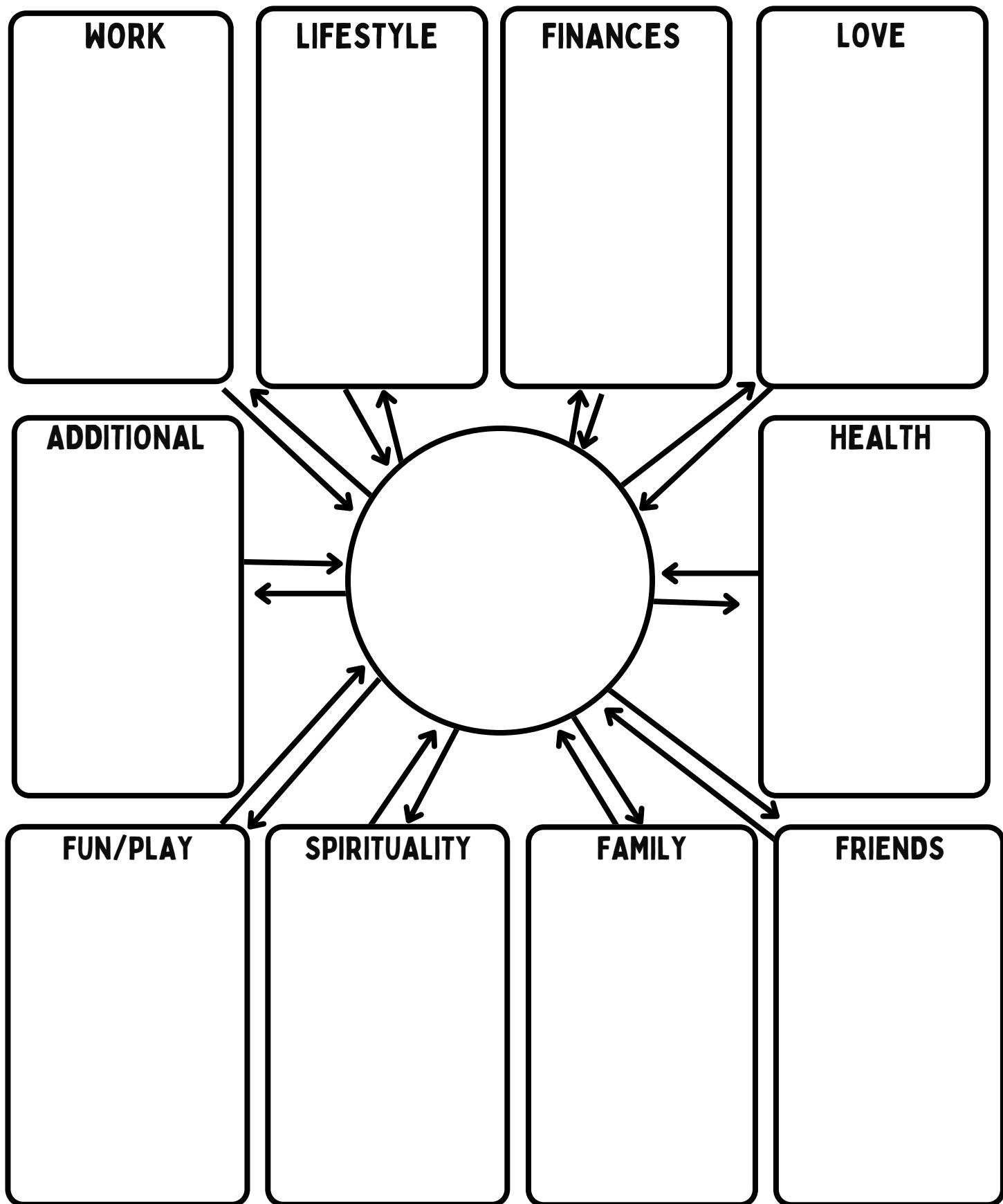
Tick three skills which really light you up

Mindfulness

Mindful Awareness



map the presenting problem(s)





MINDFUL SENSES

EXERCISE

SMELL

**DESCRIBE THE EVENT
YOU ARE OBSERVING**

HEAR

SIGHT

TOUCH

TASTE

SIGHT

HEAR

TASTE

TOUCH

SMELL

STOP, AND NOTICE: WRITE AN EXAMPLE FOR EACH OF THE SENSES THAT YOU ARE CURRENTLY EXPERIENCING.

MINDFUL REFLECTIONS

SIGHT

HEAR

TASTE

TOUCH

SMELL

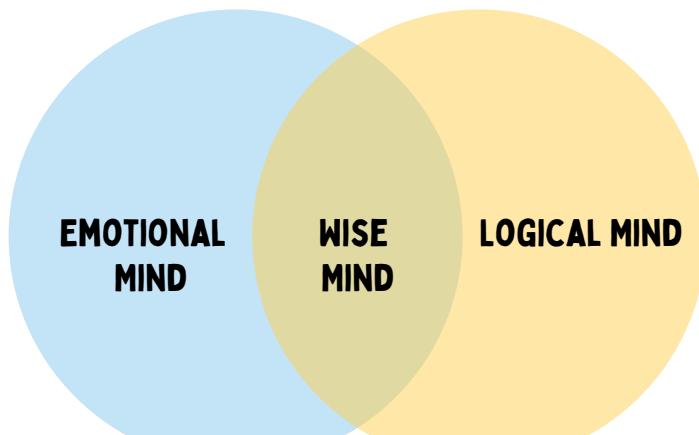
ENGAGE ALL YOUR SENSES TO EXPLORE EACH ITEM AND JOT DOWN YOUR REFLECTIONS.

Body Scan

CLOSE YOUR EYES. TAKE A DEEP BREATH IN THROUGH YOUR NOSE, AND OUT THROUGH YOUR MOUTH. STARTING WITH THE TOP OF YOUR HEAD, BECOME AWARE OF HOW YOUR BODY FEELS. SLOWLY MOVE DOWN YOUR BODY, NOTICING HOW EACH BODY PART FEELS, DOWN TO YOUR TOES. MAKE A NOTE OF ANY AREAS OF DISCOMFORT ON THE BODY BELOW. DRAW A FACE ON THE PERSON TO REPRESENT HOW YOU ARE CURRENTLY FEELING.

THE NEUTRAL OBSERVER

PRACTICE EXERCISE



EMOTIONAL MIND

WISE MIND

LOGICAL MIND

Walness

Values

**THE THINGS THAT WE HOLD AS IMPORTANT,
GOOD, DESIRABLE OR WORTHWHILE.**

FAMILY

FREEDOM

FRIENDSHIP

SUCCESS

LOVE

JUSTICE

SAFETY

LIFE

BELONGING

EDUCATION

**THEY ARE THE BASIC AND FUNDAMENTAL BELIEFS THAT GUIDE
OR MOTIVATE ATTITUDES OR ACTIONS. THEY ARE USUALLY
STATED AS ONE WORD OR A SHORT PHRASE AND THEY ARE
GENERALLY POSITIVE. WE CAN HAVE INDIVIDUAL VALUES OR
GROUP VALUES (CULTURAL VALUES).**

My Values

CIRCLE ALL THAT APPLY

AGILITY	ACCOUNTABILITY	ALTRUISM	ADVENTUROUS
APPROACHABLE	ADAPTABILITY	ANIMAL RIGHTS	AUTHENTICITY
BELONGING	AGGRESSIVE	CHARITY	COMMITMENT
CREATIVITY	ATTENTION TO DETAIL	CIVIL DISOBEDIENCE	COMPASSION
DIVERSITY	CAPABILITY	COMMUNITY DEVELOPMENT	CONCERN FOR OTHERS
EMPOWERING	COLLABORATIVE	EDUCATION	CONSISTENCY
ENTREPRENEURIAL	COMPETITIVE	ENVIRONMENTALISM	COURAGE
FAMILY-ORIENTED	CONTINUOUS PROGRESS	EQUALITY	DEPENDABILITY
FUN	CRAFTSMANSHIP	FITNESS	ENTHUSIASM
HARD WORK	DOMINANCE	FREEDOM	FEARLESSNESS
INCLUSION	CUSTOMER-FOCUSED	GIVING BACK	FRIENDLINESS
INDIVIDUALISTIC	EFFICIENCY	HISTORIC PRESERVATION	GOOD HUMOR
LEARNING	ETHICAL	HUMAN RIGHTS	HONESTY
MERITOCRACY	EXCELLENCE	INDIVIDUAL LIBERTIES	HONOR
MODERN	EXPERTISE	JUSTICE	INDEPENDENCE
NIMBLE	FAIRNESS	PATRIOTISM	INTEGRITY
ORIGINALITY	FLEXIBILITY	PHILANTHROPY	KINDNESS
PASSION	HIGH PERFORMANCE	RESPECT FOR OTHERS	LOYALTY
RESPECT FOR BOUNDARIES	INNOVATION	RULE OF LAW	OPEN-MINDEDNESS
SHARED PROSPERITY	MARKET LEADER	SOCIAL JUSTICE	OPTIMISM
SOCIAL RESPONSIBILITY	OWNERSHIP	ADVOCACY FOR UNDERDOG	PERSEVERANCE
SUSTAINABILITY	RESPONSIVE	STEWARDSHIP	PRAGMATISM
TEAM-FOCUSSED	QUALITY	SUPPORT FOR THE ARTS	POSITIVITY
TRADITIONAL	SERVICE	TOLERANCE	RELIABILITY
WORK-LIFE BALANCE	TRANSPARENCY		RESPECT
			NURTURING THE
			NEXT GENERATION

my Values

CIRCLE ALL THAT APPLY

TRUE FRIENDSHIP	ADVENTUROUS	INDEPENDENCE
MATURE LOVE	AUTHENTICITY	INTELLECT
SELF-RESPECT	COMMITMENT	BROAD-MINDEDNESS
HAPPINESS	COMPASSION	LOGIC
INNER HARMONY	CONCERN FOR OTHERS	OBEDIENCE
EQUALITY	CONSISTENCY	HELPFULNESS
FREEDOM	COURAGE	RESPONSIBILITY
PLEASURE	DEPENDABILITY	FORGIVENESS
SOCIAL RECOGNITION	ENTHUSIASM	OPENNESS TO CHANGE
WISDOM	FEARLESSNESS	SELF-DIRECTION
SALVATION	FRIENDLINESS	STIMULATION
FAMILY SECURITY	GOOD HUMOR	SELF-ENHANCEMENT
NATIONAL SECURITY	HONESTY	HEDONISM
A SENSE OF ACCOMPLISHMENT	HONOR	ACHIEVEMENT
A WORLD OF BEAUTY	INDEPENDENCE	POWER
A WORLD AT PEACE	INTEGRITY	CONSERVATION
A COMFORTABLE LIFE	KINDNESS	SECURITY
AN EXCITING LIFE	LOYALTY	CONFORMITY
CHEERFULNESS	OPEN-MINDEDNESS	TRADITION
AMBITION	OPTIMISM	SELF TRANSCENDENCE
LOVE	PERSEVERANCE	BENEVOLENCE
CLEANLINESS	PRAGMATISM	UNIVERSALISM
SELF-CONTROL	POSITIVITY	
CAPABILITY	RELIABILITY	
COURAGE	RESPECT	
POLiteness	NURTURING THE	
HONESTY	NEXT GENERATION	
IMAGINATION		

Your Attitude

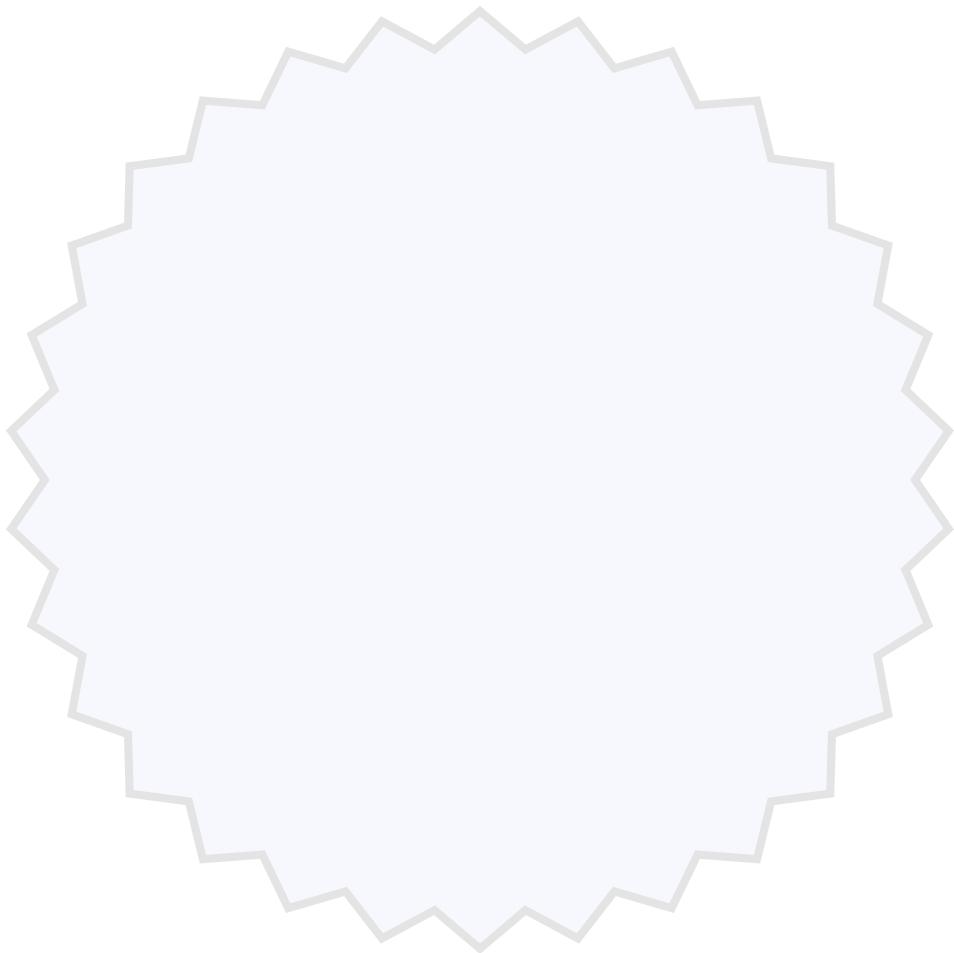
A PERSPECTIVE AND/OR AN EMOTIONAL RESPONSE
TOWARDS SOMETHING.



UNDERSTANDING ATTITUDES AND HOW THEY ARE FORMED
AN ATTITUDE CAN BE A PERSPECTIVE ON A SITUATION, IDEA, CHARACTER,
EVENT, OR ISSUE. TYPICALLY, IT IS CONVEYED IN A SENTENCE THAT
REFLECTS ONE'S SENTIMENTS TOWARD A SPECIFIC THING. OUR VALUES
PLAY A SIGNIFICANT ROLE IN SHAPING OUR ATTITUDES. WE EXPRESS OUR
ATTITUDES THROUGH OUR WORDS, ACTIONS, AND EVEN OUR CLOTHING
CHOICES.

Context

: THE ATMOSPHERE IN WHICH WE COLLABORATE AND/OR REACT



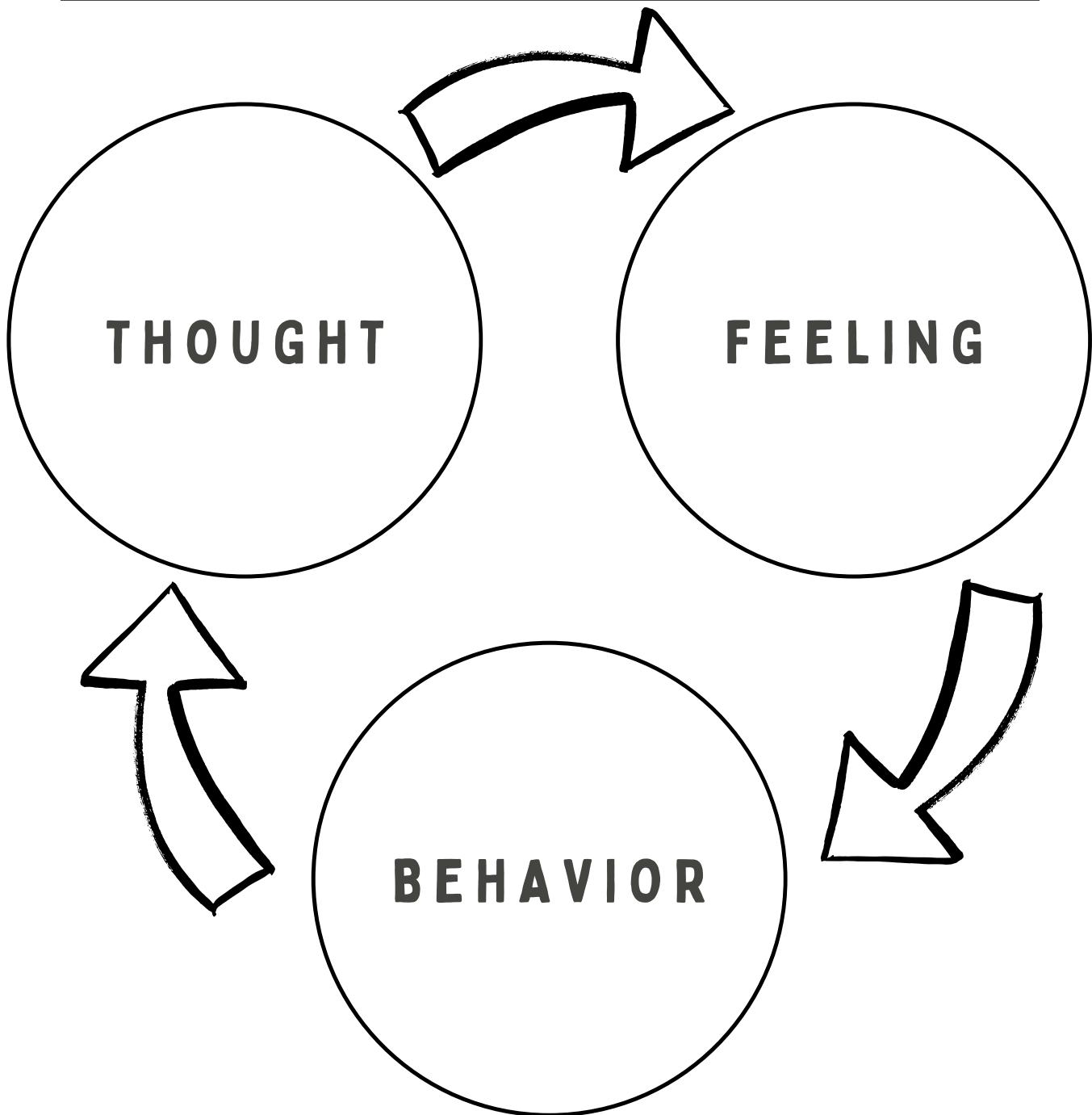
UNDERSTANDING CONTEXT REFERS TO THE SOCIAL, HISTORICAL, AND CULTURAL CONDITIONS THAT A TEXT IS CREATED AND RECEIVED WITHIN (THE CONTEXT OF CULTURE), AS WELL AS THE SPECIFIC FEATURES OF ITS IMMEDIATE ENVIRONMENT (CONTEXT OF SITUATION). ADDITIONALLY, THE TERM "CONTEXT" CAN ALSO REFER TO THE WORDING SURROUNDING AN UNFAMILIAR WORD, WHICH A READER OR LISTENER USES TO COMPREHEND ITS MEANING.

CBT

**THOUGHTS,
FEELINGS, &
BEHAVIORS**

Why Thoughts Matter

CBT EXPLAINED WORKSHEET



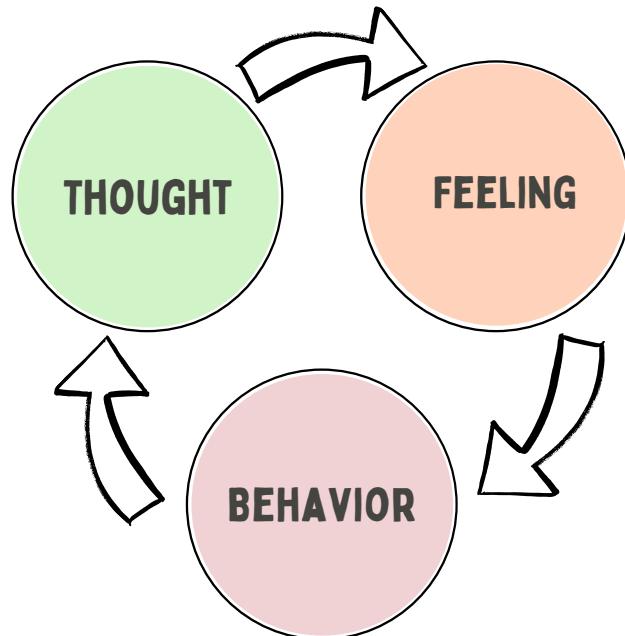
"CBT WORKS ON THE BASIS THAT THE WAY WE THINK AND INTERPRET LIFE'S EVENTS AFFECTS HOW WE BEHAVE AND, ULTIMATELY, HOW WE FEEL. STUDIES HAVE SHOWN THAT IT IS USEFUL IN MANY SITUATIONS. MORE SPECIFICALLY, CBT IS A PROBLEM-SPECIFIC, GOAL-ORIENTED APPROACH. IT FOCUSES ON THEIR PRESENT-DAY CHALLENGES, THOUGHTS, AND BEHAVIORS."

-MEDICALNEWS TODAY.COM

understanding yourself

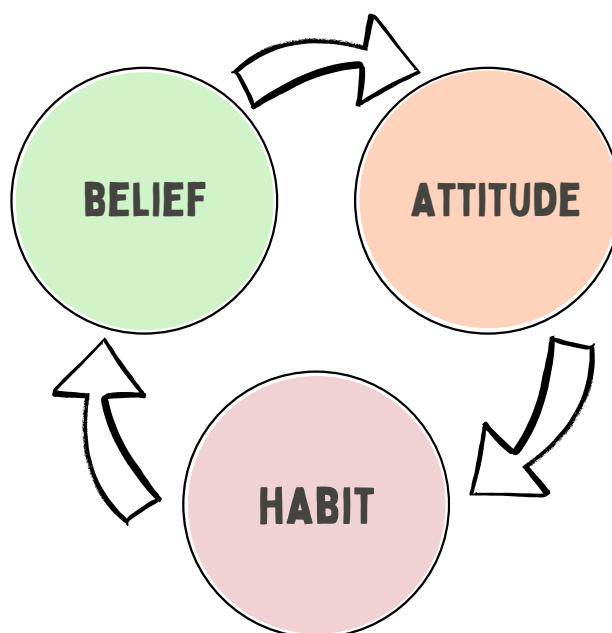
HOW CBT INFLUENCES HOW WE SHOW UP

COMPONENTS OF BEING



UNDERSTANDING OUR PATTERNS

COMPONENTS OF IDENTITY

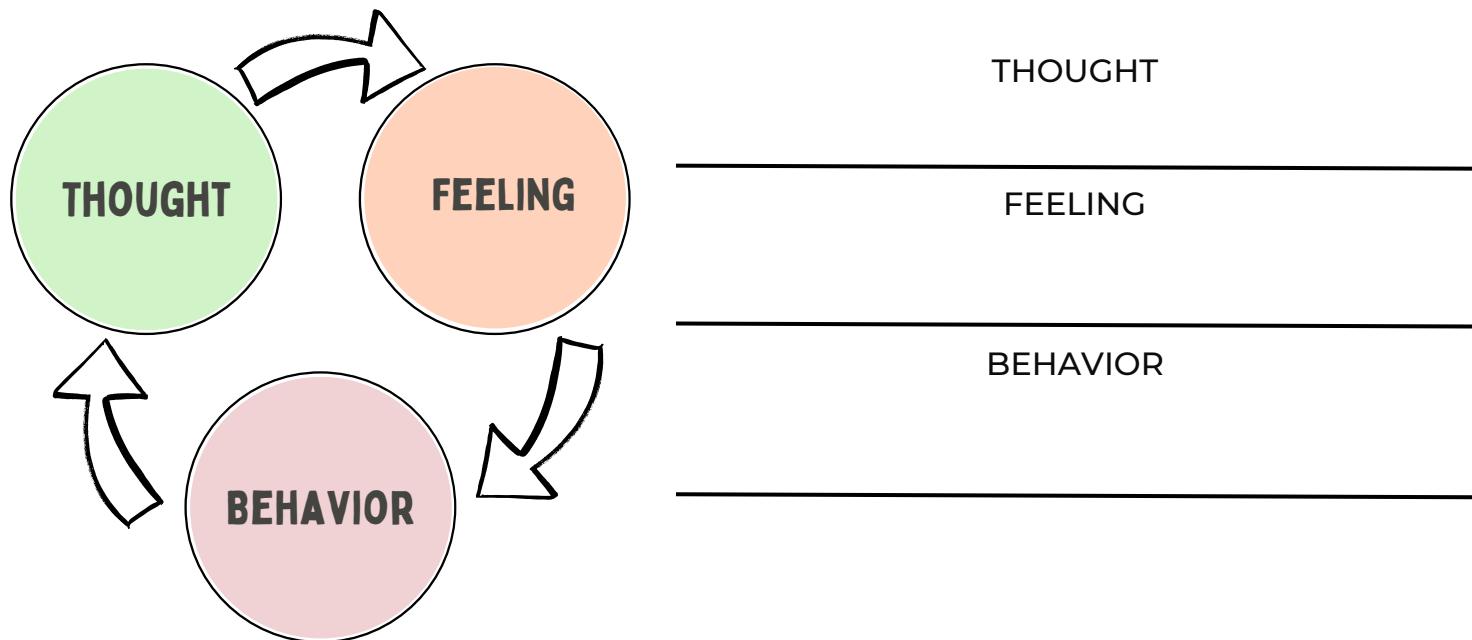


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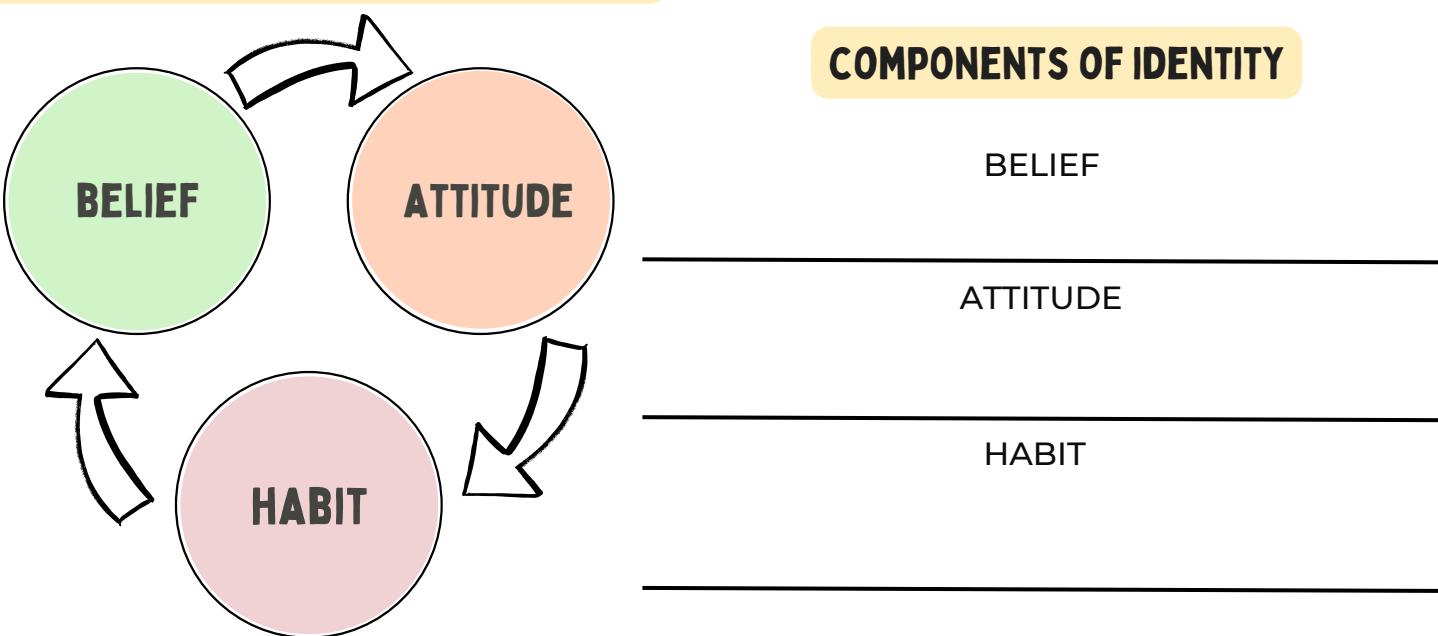
Understanding the relationship between thoughts, feeling, and behavior

COMPONENTS OF BEING



UNDERSTANDING OUR PATTERNS

COMPONENTS OF IDENTITY

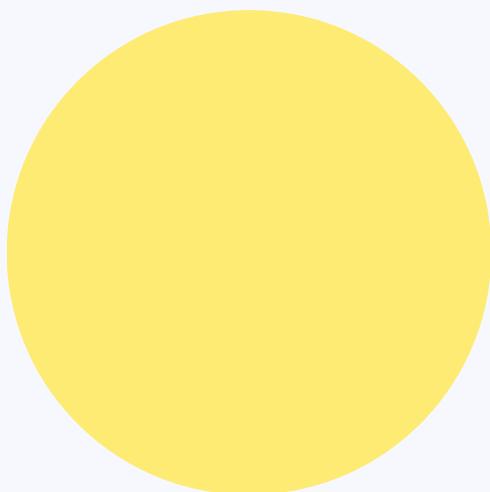


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-MEDICALNEWSTODAY.COM

Self Talk

HOW YOU TALK TO YOURSELF IS IMPORTANT. WE ARE GOING TO FOCUS ON POSITIVE SELF TALK. ON EACH PETAL, WRITE SOMETHING YOU LIKE ABOUT YOURSELF OR SOMETHING YOU ARE GOOD AT. EACH PETAL GETS A STATEMENT.



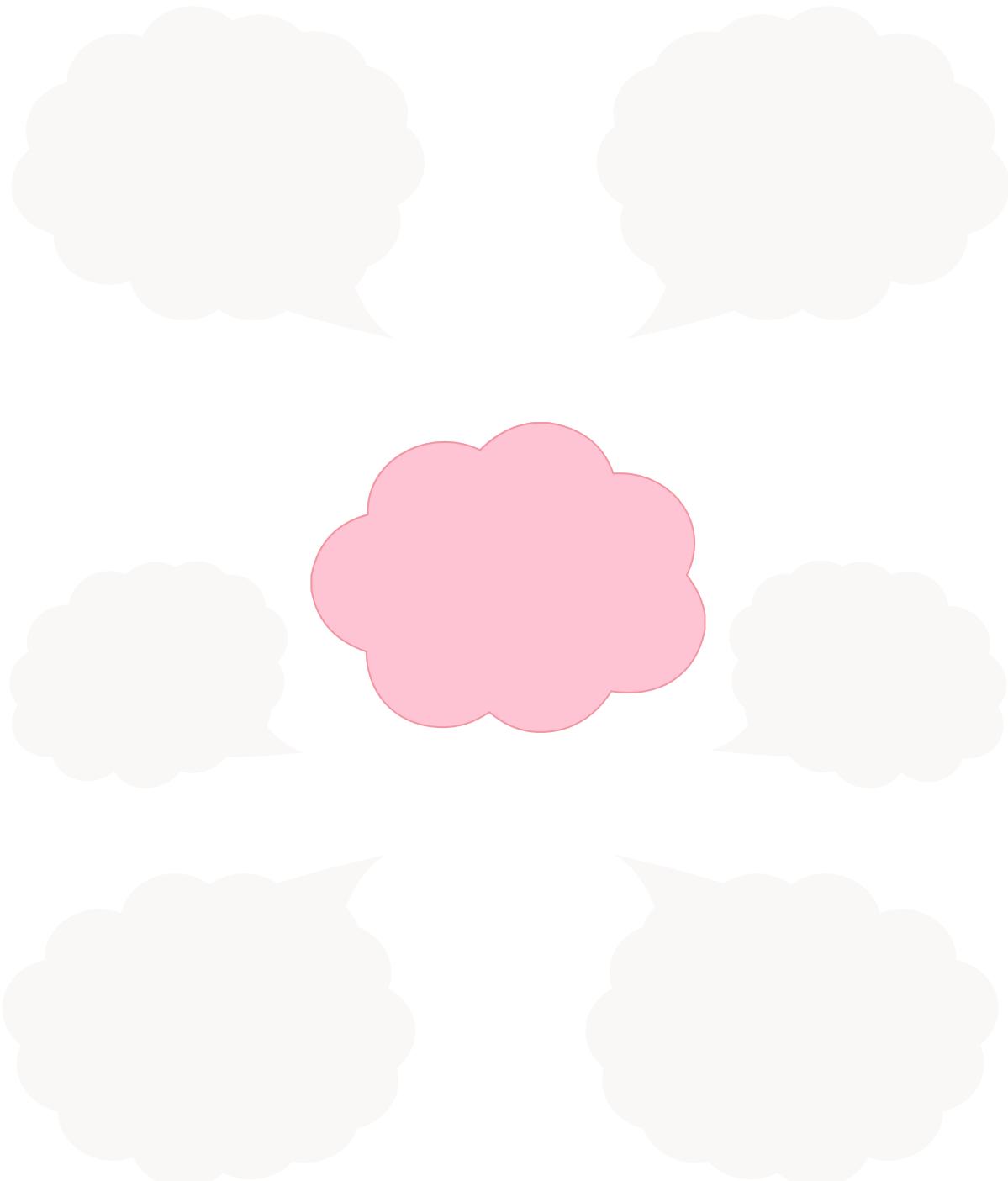
THINKING HEALTHIER THOUGHTS

REFLECTION WORKSHEET

- WHAT AM I REACTING TO?
- WHAT IS IT THAT'S REALLY TRIGGERING ME HERE?
- WHAT IS IT THAT I THINK IS GOING TO HAPPEN NOW?
- WHAT IS THE WORST THING AND BEST THING THAT COULD HAPPEN?
- WHAT'S MOST LIKELY TO HAPPEN?
- IS THIS NEGATIVE THOUGHT FACT OR OPINION?
- IS MY EMOTIONAL REACTION IN PROPORTION TO THE SITUATION AT HAND?
- HOW IMPORTANT IS THIS? HOW IMPORTANT WILL IT BE IN 6 MONTHS TIME?
- HAS HARM BEEN DONE?
- ARE MY EXPECTATIONS FOR THIS PERSON OR SITUATION UNREALISTIC?
- AM I OVERESTIMATING DANGER?
- AM I UNDERESTIMATING MY ABILITY TO COPE AND GET THROUGH?
- AM I THINKING WITH A NEGATIVE FILTER?
- IS THERE ANOTHER WAY TO LOOK AT IT?
- WHAT ADVICE WOULD I GIVE TO SOMEONE ELSE IN THIS SITUATION?
- AM I IN MY HEAD RUMINATING ABOUT THE PAST OR WORRYING ABOUT THE FUTURE? (NOT BEING IN THE PRESENT MOMENT)
- WHAT ACTIONS CAN I TAKE RIGHT NOW THAT WOULD HELP ME FEEL BETTER?
- AM I PUTTING MORE PRESSURE ON MYSELF THAN I NEED TO?
- WHAT WOULD BE A MORE REALISTIC STANDARD TO HOLD MYSELF TOO?
- AM I "MIND-READING" OR ASSUMING WHAT OTHERS MIGHT BE THINKING?
- AM I MAKING ASSUMPTIONS ABOUT THE FUTURE?
- IS THERE ANOTHER WAY OF LOOKING AT THIS?
- WHAT ADVICE WOULD I GIVE SOMEONE ELSE IN THIS SITUATION?
- JUST BECAUSE I FEEL BAD, DOESN'T MEAN THINGS REALLY ARE BAD.
- AM I JUMPING TO CONCLUSIONS ABOUT THIS?
- AM I EXAGGERATING THE GOOD ASPECTS OF OTHERS/ PUTTING MYSELF DOWN?
- AM I FOCUSING ON THE NEGATIVES AND MINIMIZING THE POSITIVES?
- HOW WOULD SOMEONE ELSE SEE IT?
- WHAT'S THE BIGGER PICTURE HERE?
- IS THERE A NEUTRAL WAY TO VIEW THIS?
- WHAT WOULD BE THE CONSEQUENCES OF RESPONDING THE WAY I USUALLY DO?
- IS THERE ANOTHER WAY OF DEALING WITH THIS? WHAT WOULD BE THE MOST HELPFUL AND EFFECTIVE ACTION TO TAKE?

GROWTH MINDSET

A GROWTH MINDSET IS WHEN WE FIND A POSITIVE PERSPECTIVE TO LOOK AT EACH SITUATION.
INSTEAD OF THINKING NEGATIVELY, WE CAN THINK POSITIVELY ABOUT IT.
THINK OF SOME WAYS THAT YOU CAN OFFER A GROWTH MINDSET.



GROWTH MINDSET

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THINK OF SOME WAYS THAT YOU CAN PRACTICE A GROWTH MINDSET.

(EXAMPLE)

I WILL TRY
MY BEST

ACHIEVEMENT
IS A PROCESS

I CAN
PERSISTE

I CAN FIND A
WAY TO
MAKE THIS
WORK

I CAN BE
CREATIVE

I CAN PRACTICE
UNTIL I GET BETTER



Write Your Negative Thoughts Below

**THERE'S NO RIGHT OR WRONG WAY TO LOG YOUR THOUGHTS. ONCE YOU WRITE OUT ALL YOUR
THOUGHTS, USE THE EXERCISES
TO EXAMINE AND SHAPE YOUR PERSPECTIVE ON YOUR FINANCIAL WORRIES/STRESSES,**

evidence log

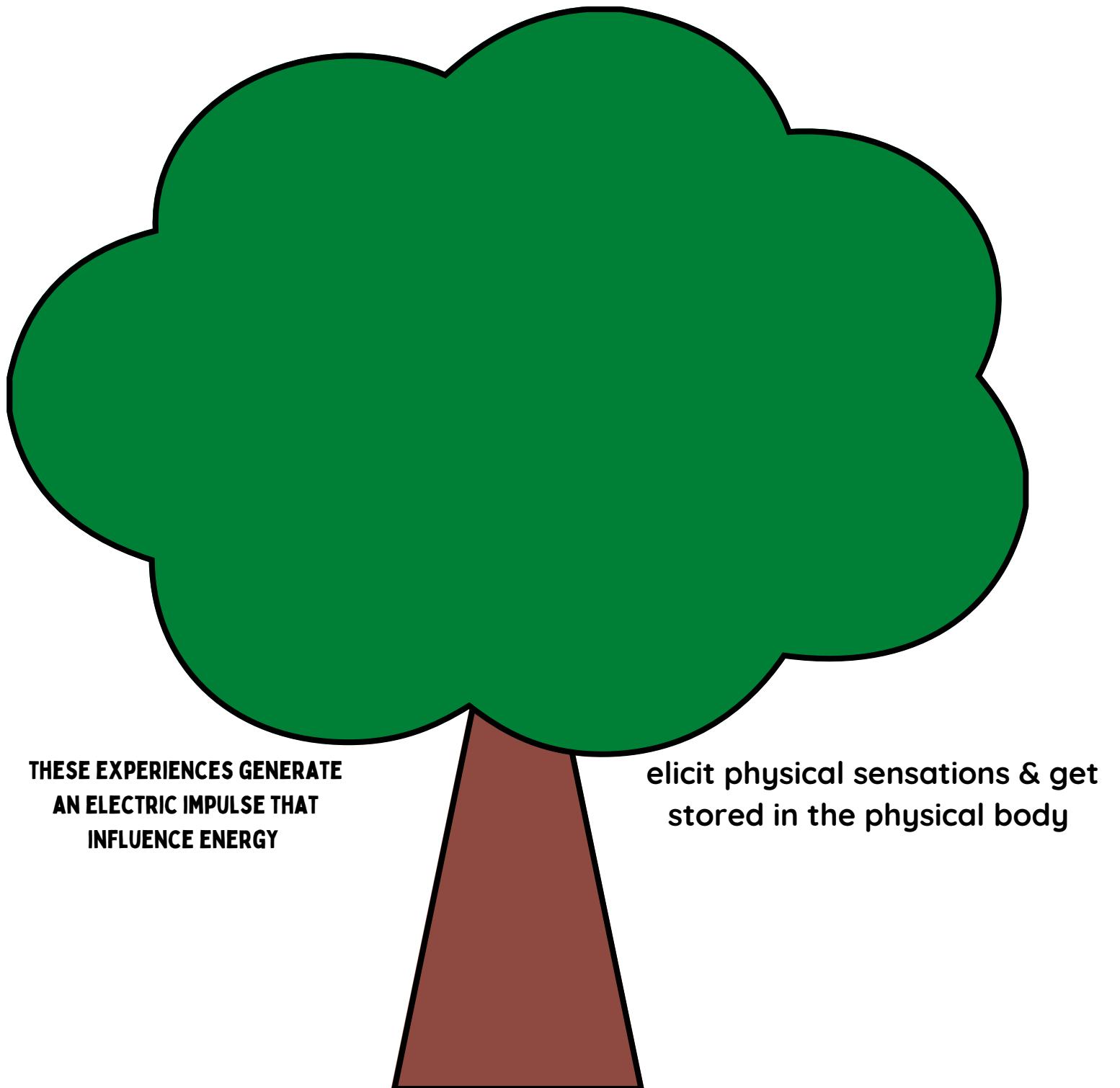
THOUGHT:

EVIDENCE FOR MY THOUGHT:

EVIDENCE AGAINST MY THOUGHT:

HOW CAN I REFRAME MY NEGATIVE THOUGHT TO A MORE REALISTIC ONE?

THE BRANCHES: our interpretation of the root experiences
the mind functions by think, feel, and choose



THE ROOTS: the experiences you're having at each connection point

ABCD

CBT | COGNITIVE BEHAVIOURAL THERAPY MODEL

Human emotions and behaviours are determined by our belief systems and the way we process events, rather than the actual event itself.

ACTIVATING EVENT

A situation or person that triggers dysfunctional thinking.

THESE SITUATIONS OR PEOPLE DON'T CAUSE THEIR FEELINGS - THEIR BELIEFS ABOUT THESE EVENTS DO. INDIVIDUALS MAY OR MAY NOT HAVE CONTROL OVER THE ACTIVATING EVENT, BUT CAN FOCUS THEIR ATTENTION ON HOW TO MANAGE THEIR REACTION TO ACTIVATING EVENTS THAT THEY HAVE LITTLE OR NO CONTROL OVER.

BELIEF SYSTEM

An individual's belief system that they filter everything through.

THESE CAN BE RATIONAL BELIEFS, (CONSISTENT WITH REALITY, BASED ON FACT AND DATA), OR IRRATIONAL BELIEFS (NOT SUPPORTED BY EVIDENCE OR REALITY). IT IS USUALLY IRRATIONAL BELIEFS THAT ARE THE SOURCE OF AN INDIVIDUAL'S CONCERN.

CONSEQUENCES

The emotional or cognitive consequences of the interaction between the activating event and belief system (A and B).

THESE ARE THE OBVIOUS SIGNS OF DISCOMFORT, SUCH AS ANXIETY, DEPRESSION, ANGER, FEAR, GUILT AND SO ON. RATIONAL BELIEFS TENDS TO LEAD TO HEALTHY OUTCOMES, WHILE IRRATIONAL BELIEFS TEND TO LEAD TO UNHEALTHY CONSEQUENCES.

DISPUTATION

Disputing the irrational beliefs and thought patterns.

AN INDIVIDUAL HAS TO COME TO THE REALISATION THEMSELVES THAT THEIR BELIEF SYSTEM IS THE CAUSE OF THEIR PROBLEM, AND HAVE TO WANT TO CHANGE THAT. ONCE IRRATIONAL BELIEFS ARE ELIMINATED, THESE THEN NEED TO BE REPLACED WITH A MORE HEALTHY RATIONAL AND CONSISTENT BELIEF SYSTEM.

thinking log: challenge your thoughts

CAPTURING AND IDENTIFYING AUTOMATIC NEGATIVE THOUGHTS: A COGNITIVE-BEHAVIORAL APPROACH

EVENT

DESCRIBE YOUR EXPERIENCE

FEELINGS

WHAT WAS THE IMPACT ON MY
EMOTIONS?

THOUGHTS

RECALL WHAT YOU WERE TELLING YOURSELF
DURING YOUR EXPERIENCE

BEHAVIOR

HOW DID I REACT IN THAT PARTICULAR SITUATION?

SUPPORTIVE EVIDENCE

WHY IS MY THOUGHT TRUE?

NON-SUPPORTIVE EVIDENCE

WHY MIGHT MY THOUGHT NOT BE TRUE?

my Thought log (CBT)

TO HELP MANAGE ANY DISTRESSING EVENTS, I PLAN TO COMPLETE A THOUGHT RECORD
AFTERWARDS TO REFLECT ON MY THOUGHTS AND EMOTIONS.

MY EMOTIONAL RESPONSE RATING SCALE EXPLANATION:

DATE	EVENT	BEHAVIOURAL REACTION	EMOTIONAL REACTION & INTENSITY	THOUGHTS

Metacognition

**METACOGNITION MEANS HAVING AWARENESS AND
UNDERSTANDING OF HOW YOU THINK.**

**OUR LESSON IS TO PRACTICE AWARENESS OF OUR THOUGHTS.
TRY AND FILL OUT EVERY THOUGHT BUBBLE.**

I AM FEELING

I AM THINKING

I AM SEEING

I AM UNDERSTANDING

I AM NOTICING

I AM WONDERING



RECORDING YOUR HEALTHY BELIEFS

JOT DOWN A LIST OF PERSONAL BELIEFS RELATED TO YOUR ABILITIES, WORTH AND POTENTIAL

EXAMPLES:

- I'M A DEEPLY CARING AND COMPASSIONATE PERSON
 - I'M WORTHY OF LOVE AND BELONGING
 - I AM KIND AND STRONG

RECORDING YOUR LIMITING BELIEFS



JOT DOWN A LIST OF PERSONAL BELIEFS RELATED TO YOUR ABILITIES, WORTH AND POTENTIAL

EXAMPLES:

- I'M A DEEPLY CARING AND COMPASSIONATE PERSON
 - I'M WORTHY OF LOVE AND BELONGING
 - I AM KIND AND STRONG

for Better or Worse

WHEN I FEEL UPSET, THESE ARE 5 THINGS THAT MAKE ME FEEL BETTER:

1. _____
2. _____
3. _____
4. _____
5. _____

WHEN I FEEL UPSET, THESE ARE 5 THINGS THAT MAKE ME FEEL WORSE:

1. _____
2. _____
3. _____
4. _____
5. _____

PROCESSING THE PROBLEM EXERCISE

THE FEELINGS

PRESENTING PROBLEM:

THOUGHTS

BEHAVIOURS

PREDISPOSING FACTORS:

(FACTORS THAT PREDISPOSED ME OR MADE ME VULNERABLE TO THE PROBLEM)

PERPETUATING FACTORS:

(CURRENT TRIGGERS THAT CONTRIBUTE TO THE PROBLEM)

PRECIPITATING FACTORS:

PROTECTIVE FACTORS:

(THE GOOD THINGS IN MY LIFE THAT ARE A SOURCE OF STRENGTH)

fear hierarchy

TO HELP A CHILD FACE AND OVERCOME A FEAR THROUGH GRADUAL EXPOSURE.

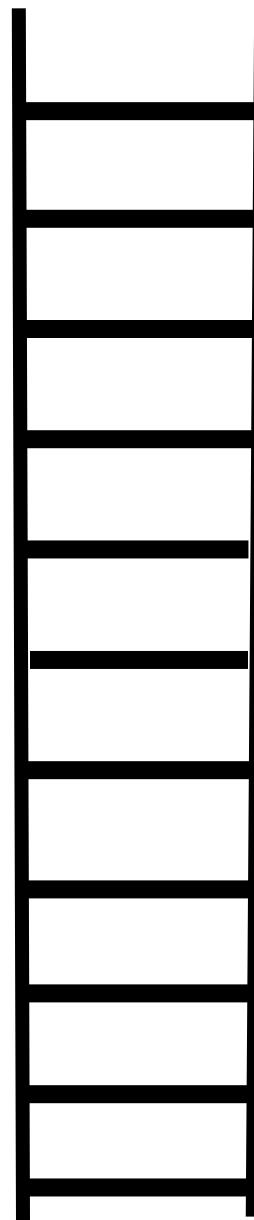
MY GOAL IS:

MY END REWARD IS:

STEPS TO SUCCESS

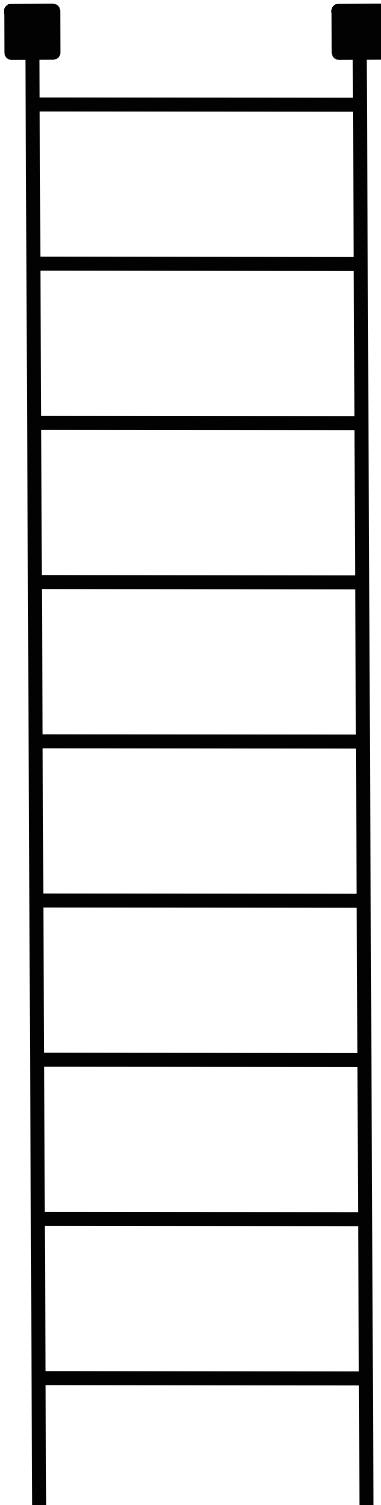
ANXIETY
RATING
SCALE

REWARD FOR
SUCCESS



The Stepladder Approach

HELPING PEOPLE WITH ANXIETY THROUGH GRADUAL EXPOSURE.



COLLABORATIVELY SET A TANGIBLE END GOAL FOR SUCCESS. WHAT WILL THE CHILD BE ABLE TO DO WHEN THEY ARE SUCCESSFUL?

SET AN END REWARD FOR MOTIVATION, AND ADDITIONAL SMALL INCENTIVES FOR EACH STEP.

TOGETHER, DEVISE THE FIRST STEP TO SUCCESS. ENSURE IT IS ONLY MILDLY ANXIETY PROVOKING.

CHILD CAN DETERMINE THE LEVEL OF ANXIETY EACH STEP BRINGS, USING A 10-POINT SCALE.

CONTINUE DEVISING STEPS TOGETHER OF INCREASING CHALLENGE AND ANXIETY LEVEL TO OVERCOME THE FEAR.

**WORK TOGETHER
GIVE LOTS OF PRAISE
REWARDS AS INCENTIVES**

fear ladder

FEAR HIERARCHY



SELF-CARE PLANNER

DATE:

Thought Reflection

WHAT KEEPS ME GROUNDED?

WHO GIVES ME COMFORT?

WHERE DO I FEEL SAFEST?

WHEN AM I AT MY BEST?

Critical thinking exercise

PREDICTION (BEST CASE, WORST CASE, MOST LIKELY CASE)



BEST CASE

EVIDENCE

WORST CASE

EVIDENCE

MOST LIKELY CASE

EVIDENCE

who - what - where when - why - how Questions

PROCESS A RECENT EVENT BELOW

WHO
WHO IS IT ABOUT?

WHAT
WHAT HAPPENED?

WHERE
WHERE DID IT TAKE PLACE?

WHEN
WHEN DID IT TAKE PLACE?

WHY
WHY DID IT HAPPEN?

HOW
HOW DID IT HAPPEN?

LIST RISK FACTORS TO ADDRESS AND PROTECTIVE FACTORS TO MAXIMIZE



RISK FACTORS	PROTECTIVE FACTORS



REFRAMING EXERCISE

1. IDENTIFY AND LABEL YOUR THOUGHTS

ACKNOWLEDGING NEGATIVE SELF-TALK

PAUSE FOR A MOMENT TO REFLECT ON YOUR THOUGHTS AND RECOGNIZE WHEN YOU ENGAGE IN NEGATIVE SELF-TALK. WHENEVER YOU CATCH YOURSELF MAKING DEROGATORY COMMENTS ABOUT YOURSELF, USE THIS STRATEGY TO PIVOT BACK TO POSITIVE THOUGHTS

THAT WAS SO STUPID OF ME

NEGATIVE POSITIVE

Understanding your problems

TRY TO FILL IN SOMETHING OF YOUR OWN EXPERIENCE. YOU MAY BEGIN TO UNDERSTAND YOUR DIFFICULTIES A LITTLE BETTER. PARTICULARLY WHAT PATTERNS MAY EXIST AND HOW THINGS INTERACT.

SITUATION

FEELINGS

THOUGHTS

PHYSICAL SYMPTOMS

BEHAVIORS

process your thoughts

OBSERVE YOUR STREAM OF CONSCIOUSNESS AS YOU THINK ABOUT A STRESSFUL SITUATION. DO NOT SUPPRESS ANY THOUGHTS. LET THEM RUN THEIR COURSE WHILE YOU WATCH THEM, AND WRITE THEM DOWN AS THEY OCCUR.

THE NEXT STEP IS TO RATIONALLY CHALLENGE THE NEGATIVE THOUGHTS. LOOK AT EVERY THOUGHT YOU WROTE DOWN AND ASK YOURSELF WHETHER THE THOUGHT IS REASONABLE.

USE RATIONAL, POSITIVE THOUGHTS AND AFFIRMATIONS TO COUNTER NEGATIVE THINKING. SEE IF THERE ARE ANY OPPORTUNITIES THAT ARE OFFERED BY IT.

Changing Your Thoughts

COGNITIVE RESTRUCTURING IS USEFUL FOR UNDERSTANDING WHAT LIES BEHIND NEGATIVE MOODS. THESE MAY UNDERMINE OUR PERFORMANCE, OR DAMAGE OUR RELATIONSHIPS WITH OTHER PEOPLE.

STEP 1: IDENTIFY THE SITUATION

DESCRIBE THE SITUATION THAT TRIGGERED YOUR NEGATIVE MOOD.

STEP 2: IDENTIFY YOUR MOOD

DESCRIBE HOW YOU FELT IN THE SITUATION, AND HOW YOU'RE FEELING NOW.

STEP 3: IDENTIFY AUTOMATIC THOUGHTS

MAKE A LIST OF YOUR AUTOMATIC THOUGHTS IN RESPONSE TO THE SITUATION.

STEP 4: FIND OBJECTIVE EVIDENCE

WRITE DOWN ANY EVIDENCE YOU CAN FIND THAT SUPPORTS THE AUTOMATIC THOUGHTS AND ANY EVIDENCE THAT CONTRADICTS THE THOUGHT.

STEP 5: MONITOR YOUR PRESENT MOOD

TAKE A MOMENT TO ASSESS YOUR MOOD. DO YOU FEEL BETTER ABOUT THE SITUATION? IS THERE ANY ACTION YOU NEED TO TAKE? WRITE DOWN YOUR PRESENT MOOD, ALONG WITH ANY FURTHER STEPS THAT YOU NEED TO TAKE.



RATE YOUR THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

ABILITY TO BE POSITIVE

FLEXIBLE ATTITUDE

DECISION MAKING

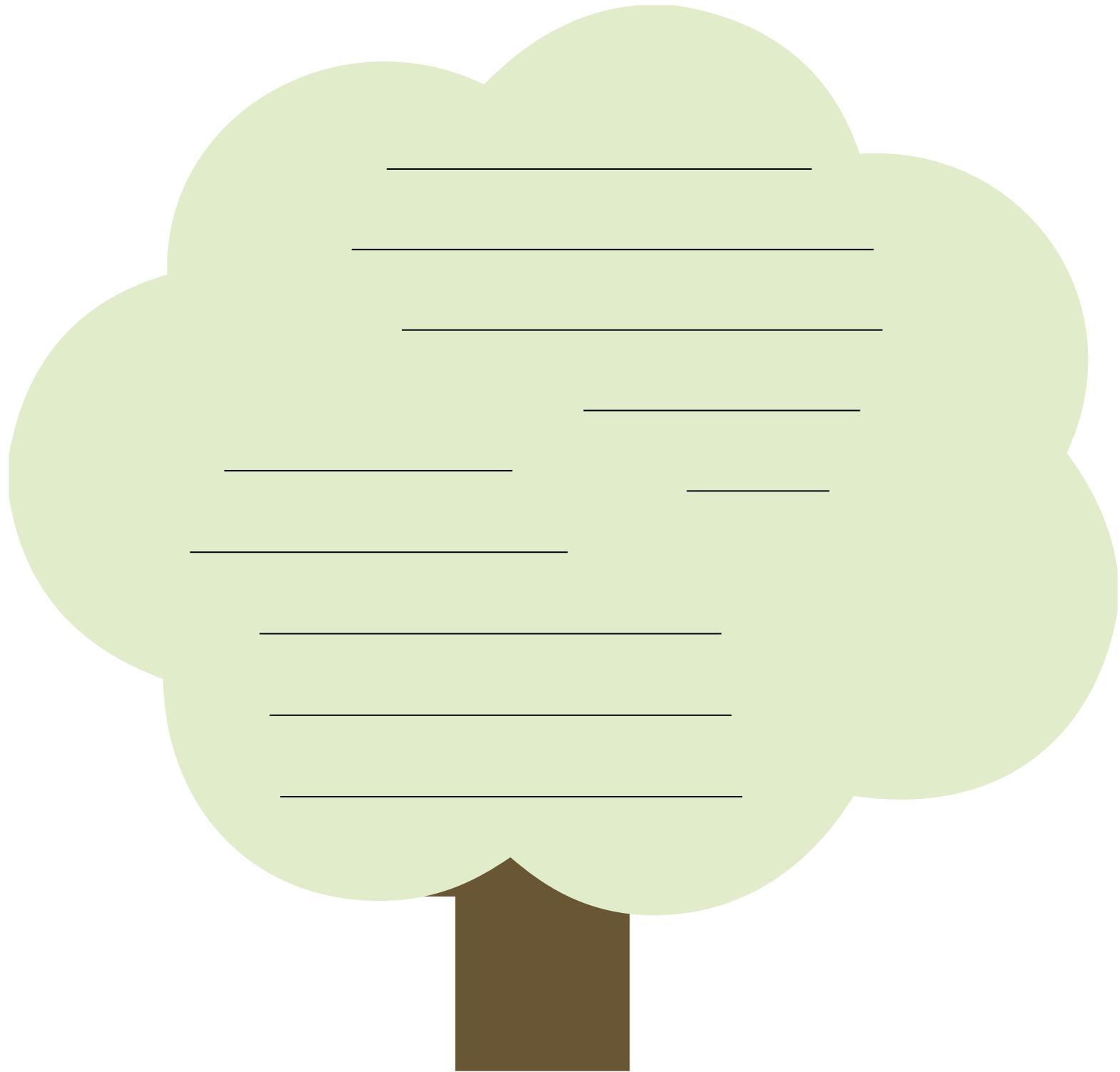
ABILITY TO STICK TO GOALS



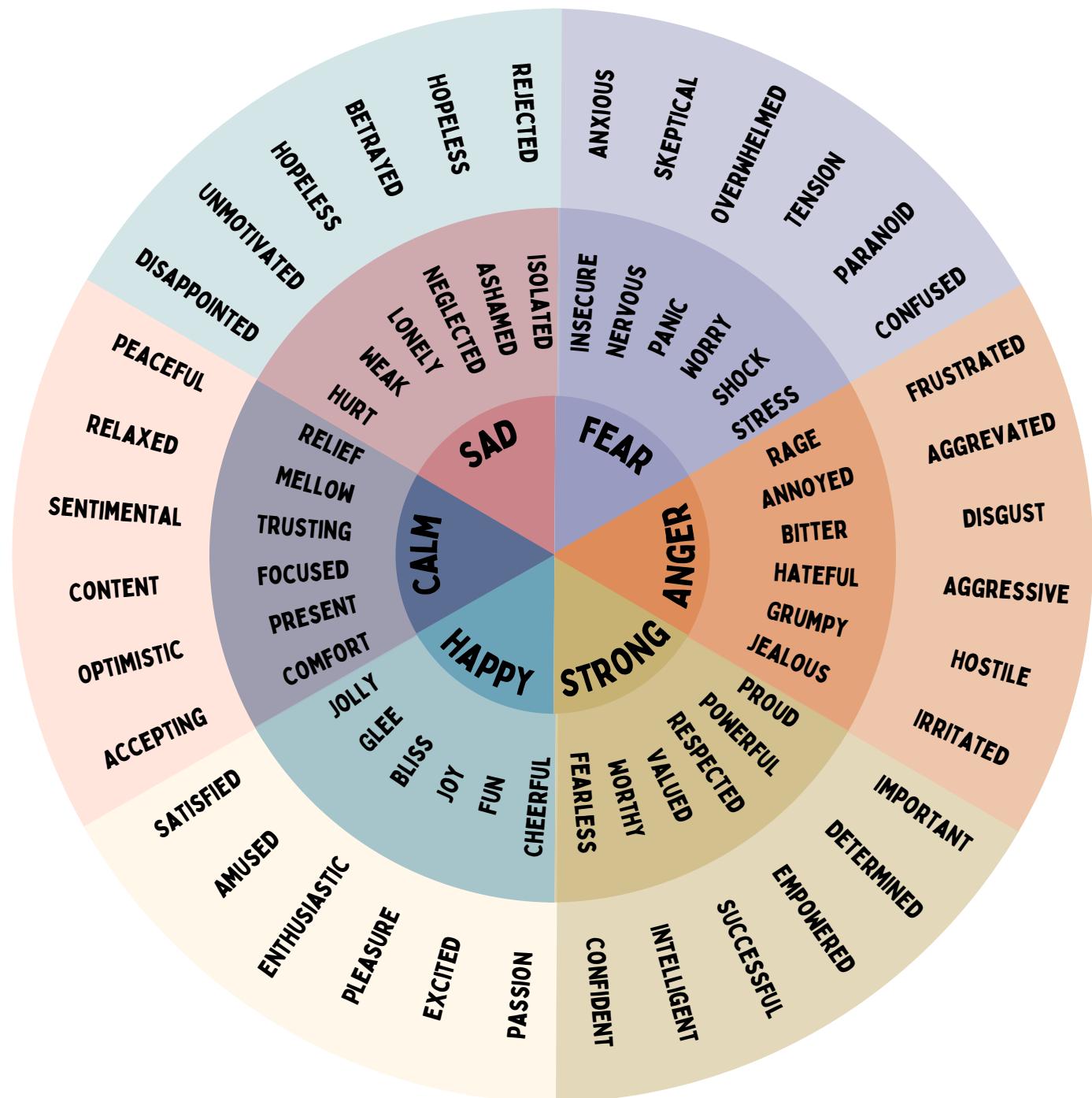
“Always remember that for each patient you see you may be the only person in their life capable of both hearing and holding their pain. If that's not sacred, I don't know what is.”

-Unknown

My reflective thoughts



The Feel Wheel



FEELINGS LIST

- ACCEPTANCE
- ADMIRATION
- ADORATION
- AFFECTION
- AFRAID
- AGITATION
- AGONY
- AGGRESSIVE
- ALARM
- ALARMED
- ALIENATION
- AMAZEMENT
- AMBIVALENT
- AMUSEMENT
- ANGER
- ANGUISH
- ANNOYED
- ANTICIPATING
- ANXIOUS
- APATHY
- APPREHENSION
- ARROGANT
- ASSERTIVE
- ASTONISHED
- ATTENTIVE
- ATTRACTED
- AVERSION
- AWE
- BAFFLED
- BEWILDERED
- BITTER
- BITTER SWEETNESS
- BLISS
- BORED
- BRAZEN
- BROODING
- CALM
- CAREFREE
- CARELESS
- CARING
- CHARITY
- CHEEKY
- CHEERFULNESS
- CLAUSTROPHOBIC
- COERCIVE
- COMFORTABLE
- CONFIDENT
- CONFUSION
- CONTEMPT
- CONTENT
- COURAGE
- COWARDLY
- CRUELTY
- CURIOSITY
- CYNICISM
- DAZED
- DEJECTION
- DELIGHTED
- DEMORALIZED
- DEPRESSED
- DESIRE
- DESPAIR
- DETERMINED
- DISAPPOINTMENT
- DISBELIEF
- DISCOMBOBULATED
- DISCONTENTMENT
- DISGRUNTLED
- DISGUST
- DISHEARTENED
- DISLIKE
- DISMAY
- DISORIENTED
- DISPIRITED
- DISPLEASURE
- DISTRACTION
- DISTRESS
- DISTURBED
- DOMINANT
- DOUBT
- DREAD
- DRIVEN
- DUMBSTRUCK
- EAGERNESS
- ECSTASY
- ELATION
- EMBARRASSMENT
- EMPATHY
- ENCHANTED
- ENJOYMENT
- ENLIGHTENED
- ENNUI ENTHUSIASM
- ENVY
- EPIPHANY
- EUPHORIA
- EXASPERATED
- EXCITEMENT
- EXPECTANCY
- FASCINATION FEAR
- FLAKEY
- FOCUSED
- FONDNESS
- FRIENDLINESS
- FRIGHT FRUSTRATED
- FURY
- GLEE
- GLOOMY
- GLUMNESS
- GRATITUDE
- GREED
- GRIEF
- GROUCHINESS
- GRUMPINESS GUILT
- HAPPINESS
- HATE
- HATRED
- HELPLESS
- HOMESICKNESS
- HOPE
- HOPELESS
- HORRIFIED
- HOSPITABLE
- HUMILIATION
- HUMILITY
- HURT
- HYSTERIA
- IDLENESS
- IMPATIENT
- INDIFFERENCE
- INDIGNANT
- INFATUATION
- INFURIATED
- INSECURITY
- INSIGHTFUL
- INSULTED
- INTEREST
- INTRIGUED
- IRRITATED
- ISOLATED
- JEALOUSY
- JOVIALITY
- JOY
- JUBILATION
- KIND
- LAZY
- LIKING
- LOATHING
- LONELY
- LONGING
- LOOPY
- LOVE
- LUST
- MAD
- MELANCHOLY
- MISERABLE
- MISERLINESS
- MIXED UP
- MODESTY
- MOODY
- MORTIFIED
- MYSTIFIED
- NASTY
- NAUSEATED
- NEGATIVE
- NEGLECT
- NERVOUS
- NOSTALGIC
- NUMB

FEELINGS LIST

- OFFENDED
- OPTIMISTIC
- OUTRAGE
- OVERWHELMED
- PANICKED
- PARANOID
- PASSION
- PATIENCE
- PENSIVENESS
- PERPLEXED
- PERSEVERING
- PESSIMISM
- PITY
- PLEASED
- PLEASURE
- POLITENESS
- POSITIVE
- POSSESSIVE
- POWERLESS
- PRIDE
- RAGE
- RASH
- RATTLED
- REGRET
- REJECTED
- RELAXED
- RELIEVED
- RELUCTANT
- REMORSE
- RESENTMENT
- RESIGNATION
- RESTLESSNESS
- REVULSION
- RUTHLESS
- SADNESS
- SATISFACTION
- SCARED
- SCHADENFREUDE
- SCORN
- SELF-CARING
- SELF-COMPASSIONATE
- SELF-CONFIDENT
- SELF-CONSCIOUS
- SELF-CRITICAL
- SELF-LOATHING
- SELF-MOTIVATED
- SELF-PITY
- SELF-RESPECTING
- SELF-UNDERSTANDING
- SENTIMENTALITY
- SERENITY
- SHAME
- SHAMELESS
- SHOCKED
- SMUG
- SORROW
- SPITE
- STRESSED
- STRONG
- STUBBORN
- STUCK
- SUBMISSIVE
- SUFFERING
- SULLENNESS
- SURPRISE
- SUSPENSE
- SUSPICIOUS
- SYMPATHY
- TENDERNESS
- TENSION
- TERROR
- THANKFULNESS
- THRILLED
- TIRED
- TOLERANCE
- TORMENT
- TRIUMPHANT
- TROUBLED
- TRUST
- UNCERTAINTY
- UNDERMINED
- UNEASINESS
- UNHAPPY
- UNNERVED
- UNSETTLED
- UNSURE
- UPSET
- VENGEFUL
- VICIOUS
- VIGILANCE
- VULNERABLE
- WEAK
- WOE
- WORRIED
- WORTHY
- WRATH

Self Esteem Prompts

WEEK 1

ONE ACHIEVEMENT FOR TODAY...

TODAY WAS A BLAST BECAUSE...

A SENSE OF PRIDE ARISES WHEN...

WEEK 2

TODAY I ACCOMPLISHED...

I HAD A POSITIVE EXPERIENCE WITH...

SOMETHING I DID FOR SOMEONE...

WEEK 3

I FELT GOOD ABOUT MYSELF WHEN...

I WAS PROUD OF SOMEONE ELSE...

TODAY WAS INTERESTING BECAUSE...

WEEK 4

SOMETHING I DID WELL TODAY...

TODAY I HAD FUN WHEN...

I FELT PROUD WHEN...

WEEK 5

TODAY I ACCOMPLISHED...

I HAD A POSITIVE EXPERIENCE WITH...

SOMETHING I DID FOR SOMEONE...

WEEK 6

I FELT GOOD ABOUT MYSELF WHEN...

I WAS PROUD OF SOMEONE ELSE...

TODAY WAS INTERESTING BECAUSE...

WEEK 7

SOMETHING I DID WELL TODAY...

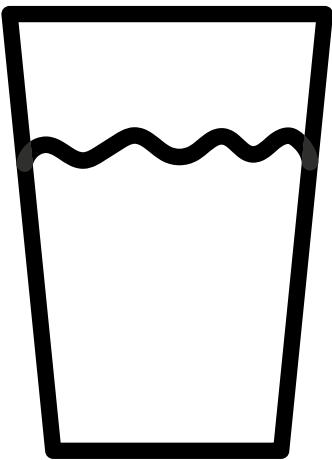
TODAY I HAD FUN WHEN...

I FELT PROUD WHEN...

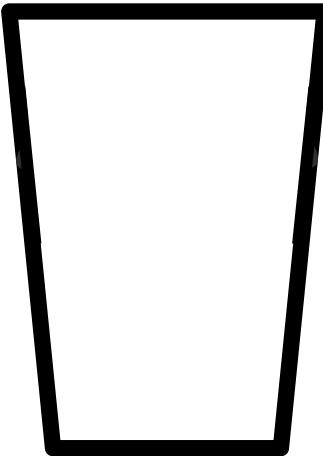
Coping worksheets

my self care plan

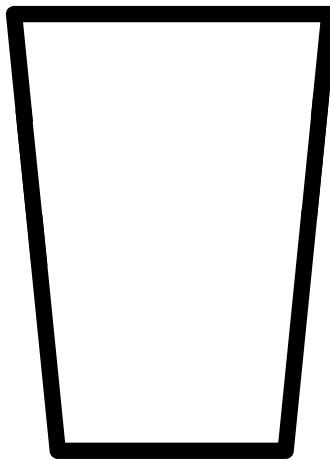
WHAT FILLS YOUR CUP?



HOW WOULD YOU DESCRIBE
YOUR CUP NOW?



WHAT EMPTIES YOUR CUP?



let's get active!

CIRCLE THE PHYSICAL EXERCISE YOU WOULD LIKE TO DO TO STAY HEALTHY

- | | |
|-------------------------------------------|---------------------------------|
| RUNNING | KAYAKING OR CANOEING |
| WALKING | SKIING (ALPINE, CROSS-COUNTRY) |
| CYCLING | SNOWBOARDING |
| SWIMMING | ICE SKATING |
| HIKING | TRAMPOLINE JUMPING |
| JOGGING | JUMPING ON A TRAMPOLINE |
| DANCING | JUMPING JACKS |
| JUMP ROPE | BURPEES |
| AEROBICS | SQUATS |
| PILATES | LUNGES |
| YOGA | PUSH-UPS |
| WEIGHTLIFTING | PULL-UPS OR CHIN-UPS |
| CIRCUIT TRAINING | SIT-UPS OR CRUNCHES |
| ROWING | PLANKS |
| TAI CHI | BURPEES |
| KICKBOXING | MOUNTAIN CLIMBERS |
| MARTIAL ARTS
(E.G., KARATE, TAEKWONDO) | CYCLING ON A STATIONARY BIKE |
| ROCK CLIMBING | WATER AEROBICS |
| CROSSFIT | GOLF |
| ZUMBA | FRISBEE |
| BASKETBALL | ROLLERBLADING OR INLINE SKATING |
| SOCCER | SKATEBOARDING |
| TENNIS | SURFING |
| FREE WEIGHTS | BADMINTON |
| BUILDING SOMETHING | VOLLEYBALL |
| | TABLE TENNIS |

Tips to Motivate and Maintain your exercise routine

Make it fun

IT'S ESSENTIAL TO FIND WAYS TO ENJOY EXERCISE AND MAKE IT FIT INTO YOUR LIFESTYLE. CHECK OUT THE ATHLETICS PROGRAM AND FIND ONE THAT REALLY SUITS YOU.

Mix it up

IT'S GREAT TO ENGAGE IN A VARIETY OF ACTIVITIES SO THAT YOU ARE WORKING OUT DIFFERENT MUSCLE GROUPS. IT ALSO HELPS KEEP YOU INTERESTED AND ENGAGED.

Make a commitment

SCHEDULING A TIME ON YOUR CALENDAR OR ANYTHING THAT CAN GIVE YOU EXTRA MOTIVATION TO STICK WITH IT. IT CAN ALSO BE HELPFUL TO SET SPECIFIC GOALS FOR YOURSELF.

Don't overdo it

TAKE IT SLOWLY, ESPECIALLY WHEN YOU'RE GETTING STARTED SO YOU DON'T STRAIN MUSCLES.

SELF REGULATION EXERCISES & COPING SKILLS



- PLEASE SKILLS. THIS STANDS FOR TREATING PHYSICAL ILLNESS, EATING, AVOIDING ALTERING DRUGS, SLEEP, AND EXERCISE. (ENSURING YOUR PHYSICAL HEALTH DOES NOT IMPACT STATE!)
- RADICAL ACCEPTANCE MEANS MERELY ACCEPTING THE STATE OF THINGS AS THEY ARE, WITHOUT WORKING TO CHANGE THEM. BASICALLY, "IT IS WHAT IT IS." WHEN WE RELINQUISH THE NEED TO CONTROL A SITUATION AND UNDERSTAND THAT THERE IS NOTHING WE CAN DO TO CHANGE IT, THE PRESSURE TO FIX THINGS OFTEN SUBSIDES.
- RADICAL ACCEPTANCE IS OBSERVING A SITUATION, WITHOUT EMOTION, AND ACCEPTING THAT WE ARE NOT OMNIPOTENT BEINGS AND SOME THINGS ARE SIMPLY OUT OF OUR CONTROL (CHAPMAN ET AL., 2011).
- IMPROVE SKILLS: IMAGERY, MEANING, PRAYER, RELAXATION, ONE THING IN THE MOMENT, VACATION, AND ENCOURAGEMENT (LINEHAN, 2014).
- "ONE THING IN THE MOMENT" EXERCISE: THIS IS WHEN WE SLOW DOWN AND BREAK DOWN A PROBLEM, ADDRESSING EACH PART AT A TIME INSTEAD OF VIEWING OUR CIRCUMSTANCE AS ONE MAJOR OBSTACLE.
- TIPP: (DISTRESS TOLERANCE SKILLS): TEMPERATURE: (INFLUENCING YOUR STATE THROUGH COLD (COLD SHOWER/WASH HANDS/HOLD ICE CUBE, CHEW ICE CUBE.) INTENSE EXERCISE (LIKE COLD TEMPERATURES, INTENSE EXERCISE CHANGES THE BIOCHEMISTRY OF THE SYSTEM ADAPTIVELY & RELEASES ENDORPHINS TO BATTLE CORTISOL.) PACED BREATHING (INHALE THROUGH THEIR NOSE SLOWLY FOR A COUNT OF TWO, HOLD THE BREATH FOR THREE SECONDS, AND THEN EXHALE SLOWLY THROUGH MOUTH FOR A COUNT OF FIVE.), PAIRED MUSCLE RELAXATION. (IN (PMR), A PAIR OF MUSCLES, SUCH AS THE TOES ON BOTH FEET, ARE TENSED WHILE BREATHING IN AND THEN RELAXED WHILE BREATHING OUT.) FOCUS REMAINS ON CHANNELING EMOTIONAL ENERGY THROUGH TENSING THE MUSCLES. DISTRACTION OCCURS WHILE MATCHING YOUR BREATHE AND MUSCLE TENSING.
- ACCEPTS SKILLS: STANDS FOR ACTIVITIES, CONTRIBUTING, COMPARISONS, EMOTIONS, PUSH AWAY, THOUGHTS, AND SENSATION.
- CREATE A PROS AND CONS LIST. REVIEW LIST FROM WISE MIND PERSPECTIVE. (APPROACHING IT WITH BALANCED LOGIC & FEELINGS.)
- USING YOUR WISE MIND: 1. OBSERVE WHAT'S HAPPENING. 2. DESCRIBE WHAT'S HAPPENING FROM A NEUTRAL OR NONJUDGMENTAL PLACE. 3. PARTICIPATE BY IMMERSING YOURSELF IN THE MOMENT AND ALLOWING YOURSELF TO BE PRESENT.
- REFRAMING EXERCISE: HOW CAN YOU VIEW THIS SITUATION IN A MORE HELPFUL WAY? EXAMPLE: REFRAMING A MISTAKE AS AN OPPORTUNITY TO LEARN.
- SQUEEZE SOMETHING OR USE A TACTILE OBJECT TO RELEASE EMOTIONAL ENERGY.

SELF REGULATION EXERCISES & COPING SKILLS

- GRATITUDE EXERCISE: PICTURE 10 THINGS YOU ARE GRATEFUL FOR AND HOW YOUR LIFE HAS BEEN IMPACTED BY THESE THINGS.**
- WHAT IF EXERCISE: INSTEAD OF ASKING YOURSELF WHAT IF THIS GOES WRONG, ASK YOURSELF "WHAT IF THIS GOES RIGHT?"**
- CO-REGULATE WITH A PET BY MIRRORING BREATHING AND ATTUNING TO PET.**
- OPPOSITE ACTION EXERCISE. THIS IS DOING AN ACTION THAT'S FUNCTIONAL AND OPPOSITE OF**
- YOUR CURRENT FEELING. FEELING ANGRY? WATCH A COMEDY SPECIAL. FEELING SAD? DO SOMETHING THAT BRINGS YOU JOY.**
- CATHARSIS: EXPRESSING STRONG FEELINGS IN A HEALTHY FORM OF PUNCHING A PUNCHING BAG, STRENGTH EXERCISES, YELLING INTO A PILLOW, OR "SMASH THE ROOM" TYPE ACTIVITIES.**
- LISTEN TO INSPIRATIONAL/MOTIVATIONAL SPEAKERS.**
- JOURNALING EXERCISE: GOOGLE A JOURNAL PROMPT THAT FITS YOUR CURRENT SITUATION AND GET WRITING.**
- NATURE EXERCISE: GRAB A TOWEL OR CHAIR AND SIT OUTSIDE IN THE SUN FOR A FEW MINUTES.**
- PHYSICAL MINDFULNESS. GO FOR A WALK. INCORPORATE GROUNDING SENSES.**
- SPIRITUALITY EXERCISE. VISITING A SPIRITUAL PLACE OR GOING SOMEWHERE YOU FEEL MORE**
- CONNECTED TO YOUR SPIRITUALITY. THIS CAN ALSO BE READING, WRITING, REFLECTION, ETC.**
- SMILE EXERCISE: YOUR BRAIN ASSOCIATES SMILING WITH POSITIVE THINGS AND IMPACTS PHYSIOLOGY TO HELP IMPROVE MOOD WHEN ATTEMPTING TO SELF REGULATE.**
-

SELF REGULATION EXERCISES & COPING SKILLS

- UNMET NEEDS EXERCISE: IDENTIFY THE CURRENT NEEDS YOU HAVE AND VALIDATE THEM. BRAINSTORM SOLUTIONS FOR MEETING THOSE NEEDS.**
- POSITIVE REINFORCEMENT: RECOGNIZE YOURSELF FOR POSITIVE BEHAVIORS AND CHOICES. GIVE YOURSELF RECOGNITION AND PRAISE. REWARD YOURSELF IN A MEANINGFUL WAY FOR THESE POSITIVE/HEALTHY BEHAVIORS.**
- SHAPING YOUR BEHAVIOR: DO SOMETHING YOU FEEL CAPABLE OF RIGHT NOW TO START MOTION TOWARDS YOUR IDEAL OUTCOME.**
- MODELING OTHERS EXERCISE: OBSERVE OR LOOK UP WHAT SKILLS SOMEONE USED TO EFFECTIVELY HANDLE THE SAME PROBLEM YOU'RE GOING THROUGH RIGHT NOW. HOW CAN YOU EMULATE THOSE SKILLS IN A HEALTHY WAY?**
- BEING THE MODEL EXERCISE: STRIVE TO BECOME A MODEL FOR OTHERS WITH YOUR BEHAVIOR. "WHAT DO I WANT TO SHOW OTHERS?" "WHO CAN I MODEL HEALTHY BEHAVIOR TO?" "WHO CAN I MODEL HEALTHY BEHAVIOR FOR?" PRACTICE NEW BEHAVIORS TO SHAPE HEALTHY BEHAVIORS YOU WANT TO DEMONSTRATE FOR OTHERS.**
- CROWD OUT UNHEALTHY BEHAVIORS: PICK AT LEAST FIVE EXERCISES/SKILLS TO DO BEFORE ENGAGING IN THE BEHAVIOR(S) THAT YOU WANT OR NEED TO CHANGE. PRACTICE SKILLS UNTIL THEY BECOME SELF-REINFORCING AND FEEL MORE NATURAL. BEING SKILLFUL FEELS GOOD!**
- IMPLEMENT SAFETY PLAN IF YOU HAVE ONE.**
- GIVE SKILLS: THESE ARE SKILLS TO DEFUSE ANXIETY & SELF-REGULATE DURING COMMUNICATION: BE GENUINE, INTERESTED, VALIDATING, AND EASY MANNERED. IMPLEMENT THESE TO HELP CONNECT & RELATING TO OTHERS. ADDITIONALLY, IMPLEMENT THESE IN YOUR SELF TALK.**
- STRENGTHS EXERCISE: LIST AND REVIEW YOUR STRENGTHS. WHAT CAN YOU APPLY RIGHT NOW?**
- CHANGE YOUR CURRENT ENVIRONMENT.**

SELF REGULATION EXERCISES & COPING SKILLS

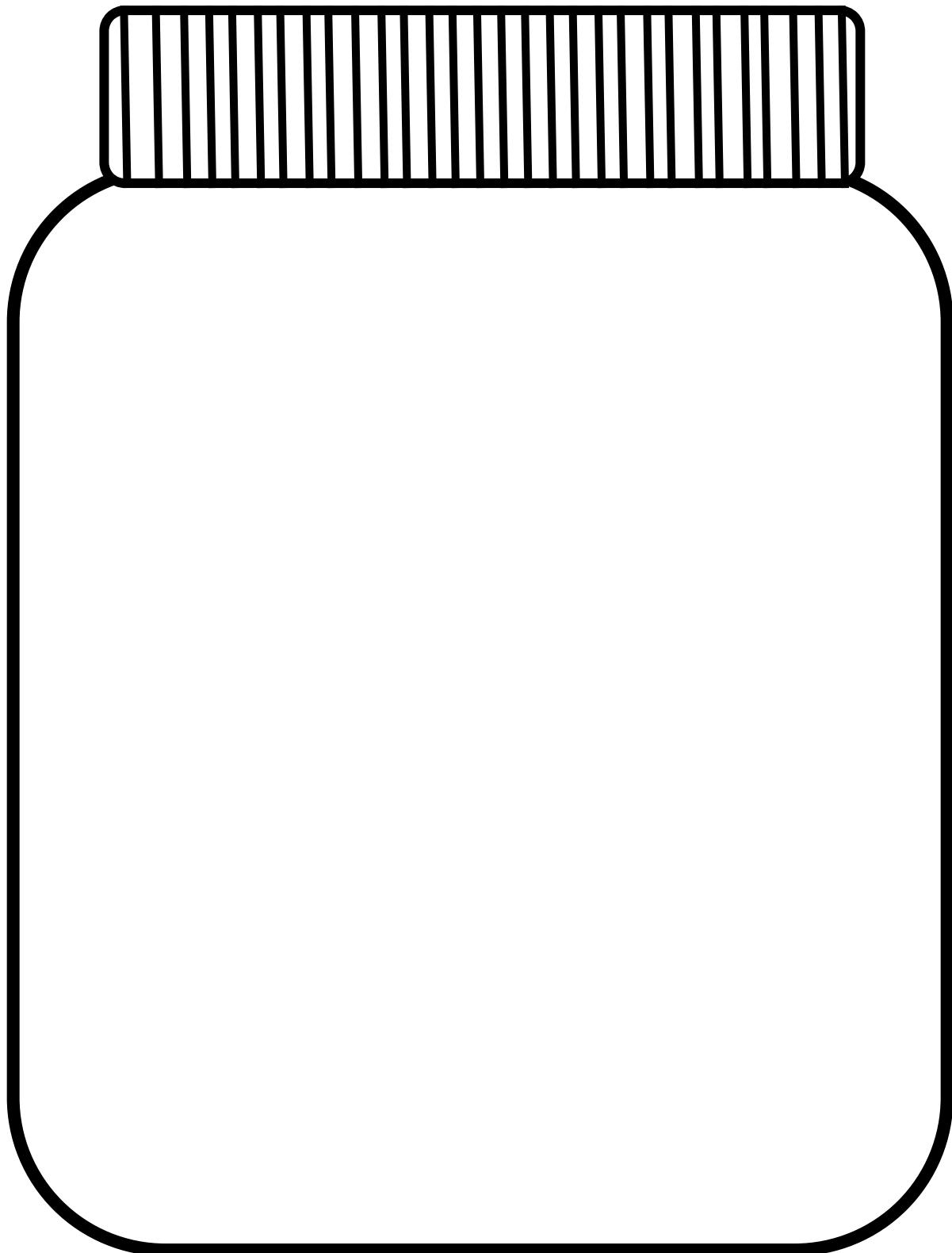
- QUESTION EXERCISE: WHAT IS GOING RIGHT RIGHT NOW DESPITE NEGATIVE THOUGHT AND/OR CIRCUMSTANCE.**
- QUESTION EXERCISE: WHAT RESOURCES DO YOU HAVE RIGHT NOW FOR YOUR PROBLEM INTERNALLY + EXTERNALLY.**
- QUESTION EXERCISE: PICK A PROBLEM YOU'RE HAVING CURRENTLY. WHAT IS THE SILVER LINING?**
DIALECTICAL CONTROL: REFLECT ON WHAT YOU CAN CONTROL AND WHAT YOU CAN'T. ARE YOU
- GIVING SOMETHING EXTERNAL TOO MUCH POWER OR ASSIGNING YOURSELF TOO MUCH RESPONSIBILITY?**
- ALL OR SOMETHING CHANGE: SOMETIMES WE HOLD OURSELVES BACK FROM CHANGE OUT OF FEAR. LET'S MINDFULLY CHALLENGE YOU TO EMBRACE CHANGE. HOW CAN YOU THROW YOURSELF TOTALLY INTO CHANGE OR AT LEAST DO SOMETHING TOWARD CHANGE?**
- COMPASSION EXERCISE: THINK ABOUT THE HARSHIPS, BELIEFS, AND STRUGGLES ANOTHER PERSON IS GOING THROUGH THAT IS CONTRIBUTING TO THEIR PERSPECTIVE. EXAMPLE: WHEN A BOSS IS CRITICAL OF THEIR EMPLOYEES, TAKE A MOMENT TO THINK ABOUT THE RESPONSIBILITY AND PRESSURE THEY MAY FEEL TO PROVIDE A STABLE BUSINESS FOR THEIR EMPLOYEES AND CLIENTS. HOW CAN YOU BE COMPASSIONATE TOWARDS ANOTHER? EXTENDING COMPASSIONATE TOWARDS THEM ALLOWS YOU TO DEFUSE YOUR OWN STRONG EMOTIONS AND INFLUENCE HOW YOU CHOOSE TO THOSE EMOTIONS GOING FORWARD.**
- SCALING EXERCISE: IMPROVING YOUR CIRCUMSTANCE THROUGH SCALING. RATE THE SEVERITY OF YOUR PROBLEM ON A SCALE OF 1-10. NOW, THINK ABOUT WHAT BEHAVIORS YOU WILL DO IF THE PROBLEM IMPROVED BY TWO POINTS. NOW, COMMIT TO THOSE BEHAVIORS. EXAMPLE: AN OVERWEIGHT PERSON RATES HIS PROBLEM AT AN 8. IF THE PROBLEM IS A 6, IT WOULD MOST LIKELY BE DUE TO HIM GOING TO THE GYM 3 DAYS A WEEK. SO, HE DECIDES TO COMMIT TO NEW BEHAVIORS.**

SELF REGULATION EXERCISES & COPING SKILLS

- UTILIZE PROFESSIONAL RESOURCES. USE A HOTLINE, SCHEDULE A THERAPY APPOINTMENT, USE TEXT THERAPY SERVICES LIKE TALKSPACE, USE RECOMMENDED TOOLS FROM YOUR THERAPIST, WATCH VIDEOS OR READ ARTICLES FROM PROFESSIONALS ON YOUR CURRENT ISSUE.
GROUNDING EXERCISE: 5 SENSES. INTENTIONALLY SHIFT FOCUS OUTSIDE OF YOURSELF THROUGH YOUR SENSES..
- ASSERTIVENESS SKILLS: EXCUSE YOURSELF TO STEP AWAY, SET LIMITS ON YOUR TIME AND ENERGY, STATE AND ASSERT BOUNDARIES.
- VISUALIZATION EXERCISE: CLOSE YOUR EYES. PICTURE YOURSELF IN YOUR FAVORITE PLACE. WHAT DO YOU HEAR? WHAT DO YOU SEE? WHAT DO YOU SMELL? WHAT DO YOU FEEL? WHAT DO YOU TASTE?
DRAWING EXERCISE. RIGHT NOW, PULL OUT A PEN OR PENCIL. WE'RE GOING TO HAVE YOU DRAW
- YOUR "FANTASY ISLAND." THIS IS A VISUALIZATION EXERCISE WHERE YOU CREATE YOUR IDEAL WORLD. ARTISTIC ABILITY DOESN'T MATTER HERE. JUST DRAW WHATEVER COMES TO MIND WHEN YOU THINK ABOUT YOUR ISLAND. ON THIS ISLAND, THINK ABOUT THE FOLLOWING QUESTIONS: WHAT ARE THE RULES ON YOUR ISLAND? WHAT HAPPENS IF THE RULES ARE BROKEN? WHO LIVES ON THE ISLAND AND WHO CAN VISIT? WHO IS ALLOWED ON THE ISLAND? WHAT ACTIVITIES ARE ON THE ISLAND? WHAT WOULD YOU CALL YOUR ISLAND? WHAT WOULD YOU FEEL ON THE ISLAND? WHAT WOULD YOU HEAR ON THE ISLAND? WHAT WOULD YOU SMELL ON THE ISLAND? WHAT WOULD YOU TOUCH ON THE ISLAND? WHAT WOULD YOU TASTE ON THE ISLAND?
HOW WOULD YOU SPEND YOUR TIME ON THE ISLAND?
- SECOND DRAWING EXERCISE:** DRAW WHAT COMES TO YOUR MIND WHEN YOU THINK ABOUT FEELING
 SAFE. WHERE DO YOU FEEL SAFE? WHO MAKES YOU FEEL SAFE? WHAT DO YOU DO WHEN YOU FEEL SAFE? WHAT PARTS OF YOU CAN COME OUT WHEN YOU FEEL SAFE? HOW DO YOU CREATE SAFETY IN YOUR LIFE?



gratitude jar



Stress management



UNHEALTHY
COPING HABITS

HEALTHY HABITS
FOR STRESS MANAGEMENT

NEW HABITS
TO IMPLEMENT



gratitude

LIST ALL THE THINGS YOU ARE GRATEFUL FOR

WHAT PARTS OF YOUR
JOB ARE YOU GRATEFUL FOR?

WHAT ASPECTS OF WHO YOU
ARE, ARE YOU PROUD OF?

WHO MAKES THE BIGGEST
IMPACT IN YOUR LIFE IN A
POSITIVE WAY?

WHY DO THESE THINGS ENHANCE YOUR LIFE?

HANG THIS UP OR KEEP IT IN YOUR PLANNER FOR YOU TO SEE EVERY DAY*

MONTH OF GRATITUDE

LET'S REFLECT ON OUR STAFF AND SHARE GRATITUDE AMONGST EACH OTHER.
TICK EACH ONE OFF AS YOU COMPLETE THEM.

1	2	3	4
COMPLIMENT A COLLEAGUE	LEAVE A KIND NOTE ON SOMEONE'S DESK	ACTION A FAVOURITE ON THE STAFF PROFILE	WRITE POSITIVE AFFIRMATIONS FOR SOMEONE
5	6	7	8
BUY SOMEONE THEIR FAVOURITE DRINK	CONTRIBUTE TO COLLECTION FOR A SCHOOL FAMILY IN NEED	BRING LUNCH FOR A FRIEND	GET TO KNOW A NEW FACE BETTER
9	10	11	12
WRITE A THANK YOU NOTE TO A COLLEAGUE	OFFER TO COVER SOMEONE'S DUTY	CELEBRATE A COLLEAGUE'S ACHIEVEMENTS	CONTRIBUTE TO THE GRATITUDE JAR
13	14	15	16
ATTEND THE FRIDAY MORNING DANCE OFF	SELF-CARE: PRIORITISE YOURSELF	SEND OUT A STAFF SHOUT OUT	ASK ABOUT SOMEONE'S FAMILY
17	18	19	20
ENJOY A PICNIC WITH YOUR TEAM	SHARE A FUNNY ANECDOTE WITH A FRIEND	SPEND LUNCH WITH SOMEONE NEW	SHARE A MEME WITH A COLLEAGUE



GRATITUDE

/ /

TODAY I'M GRATEFUL FOR

SELF REGULATION IDEAS FOR ----- *Before I explode, I will*

CIRCLE SOME IDEAS YOU WILL
TRY.

WHAT HELPED YOU CALM DOWN TODAY? _____

Anxiety Triggers

IDENTIFICATION WORKSHEET

CIRCLE WHAT APPLIES. LIST ANY ADDITIONAL STRESS/ANXIETY TRIGGERS

AN UNEXPECTED EXPENSE

UNEMPLOYMENT

INSTABILITY WITH WORK HOURS

**COVID-19 RELATED FINANCIAL
STRESSORS**

ILLNESS RELATED STRESSORS

BREAKUP/DIVORCE

RELATIONSHIP CONFLICT

**STRESSORS RELATED TO CHILD SUPPORT
&/OR ALIMONY**

VOLATILE INVESTMENTS

COWORKER CONFLICT

INSECURITY WITH JOB POSITION

**STRESSORS RELATED TO AN
INHERITANCE/ESTATE MATTER**

COST OF LIVING

FRAUD/IDENTITY THEFT

ASSET DEPRECIATION

EMPLOYER CONFLICT

LOSS OF BENEFITS

LACK OF RESOURCES

LACK OF ACCESS TO RESOURCES

LACK OF FINANCIAL AUTONOMY

GAMBLING ISSUES

DEBT

GROWTH

M

I LEARN FROM MY MISTAKES

I

I CAN IMPROVE THROUGH HARD WORK

N

I NEVER GIVE UP

D

I AM DETERMINED

S

SUCCESS COMES FROM SELF-REFLECTION

E

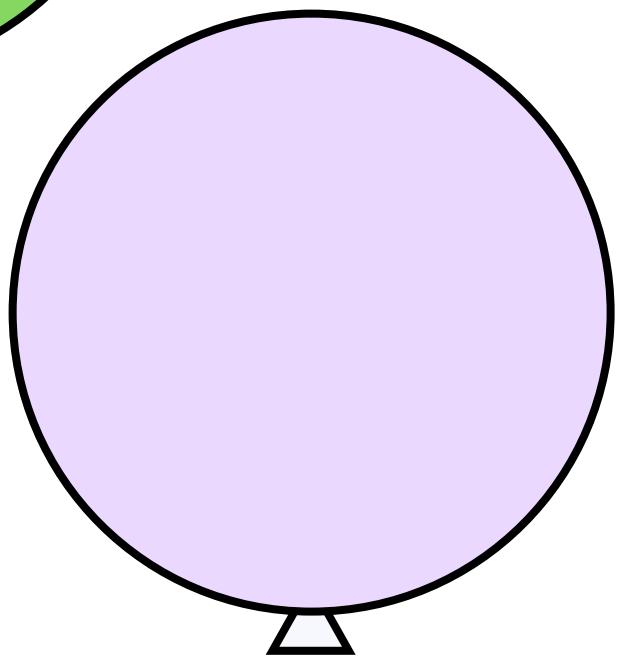
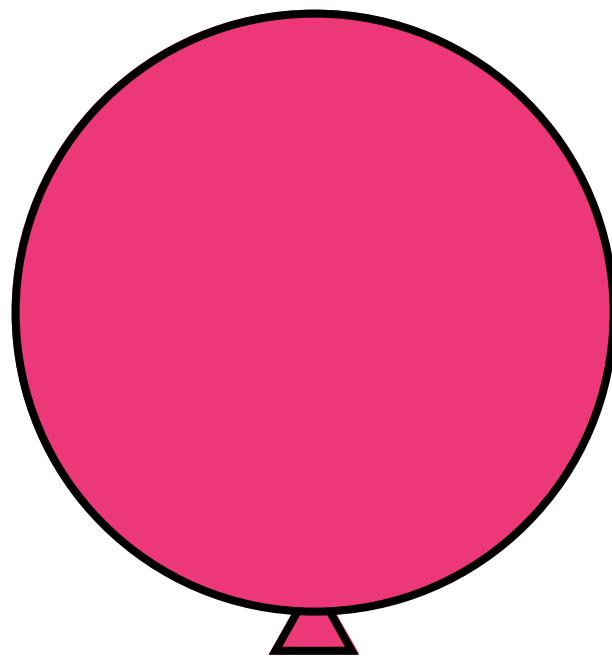
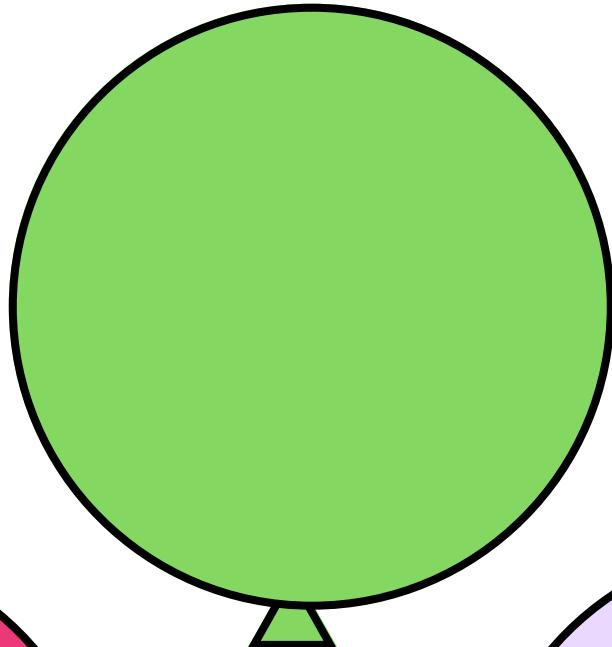
EFFORT WILL HELP ME SEE IMPROVED RESULTS

T

I ALWAYS TRY MY BEST

LET IT GO!

THERE MAY HAVE BEEN A TIME IN YOUR PAST WHERE SOMETHING HAPPENED THAT UPSET YOU. IT HELPS IF WE CAN TELL OURSELVES TO LET IT GO AND NOT THINK ABOUT IT ANYMORE. IN THE BALLOONS BELOW PLEASE WRITE OR DRAW WHAT YOU WILL LET GO.



GRATITUDE TRACKER

MONTH

WHAT ARE YOU THANKFUL FOR?

1.	17.
2.	18.
3.	19.
4.	20.
5.	21
6.	22.
7.	23.
8.	24.
9.	25.
10.	26.
11.	27.
12.	28.
13.	29.
14.	30.
15.	31.
16.	

NAME: _____

DATE: _____



GRATITUDE REFLECTION

WRITE OR DRAW WHAT YOU ARE GRATEFUL FOR TODAY:

DESCRIBE WHAT YOU LOVE ABOUT YOURSELF:

DESCRIBE WHAT YOU ARE EXCITED ABOUT:

4 BENEFITS OF JOURNALING

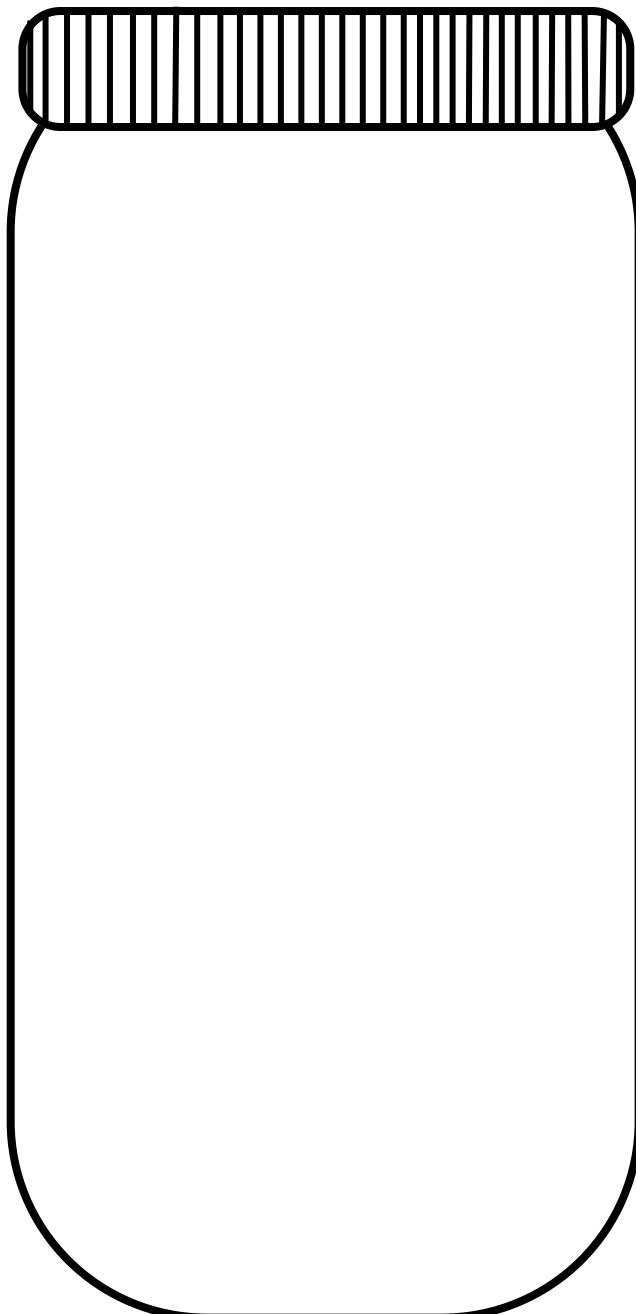
- 01** A JOURNAL IS A SAFE SPACE FOR YOUR THOUGHTS.
- 02** IT HELPS YOU MANAGE STRESS AND ANXIETY.
- 03** IT PROMOTES SELF-AWARENESS.
- 04** IT HELPS WITH ACHIEVING GOALS.

WRITE WHATEVER COMES TO YOUR MIND....

My worry jar

MANAGING ANXIETY WITH A WORRY JAR

A WORRY JAR IS AN EFFECTIVE TOOL THAT ENABLES YOU TO EXPRESS ANXIOUS THOUGHTS AND WORRIES. TAKE A MOMENT TO REFLECT ON WHAT MAKES YOU FEEL WORRIED AND JOT THEM DOWN ON A PIECE OF PAPER. THEN, PLACE THE PAPER INSIDE THE WORRY JAR TO HELP MANAGE YOUR ANXIETY.



THINK OF A SPECIAL TIME
EACH DAY WHEN YOU WILL
OPEN YOUR WORRY JAR
AND READ YOUR
WORRIES. YOU CAN DO
THIS WITH SOMEONE YOU
TRUST.

WHAT TIME WILL YOU
OPEN YOUR WORRY JAR?

WHO IS GOING TO BE
WITH YOU?

To my future self

THE POWER OF
REFLECTION: WRITING
A LETTER TO YOUR
FUTURE SELF
REFLECTING ON
YOUR CURRENT LIFE
GOALS AND
ASPIRATIONS CAN BE
A REWARDING
EXPERIENCE. ONE
WAY TO ACCOMPLISH
THIS IS BY PENNING A
LETTER TO YOUR
FUTURE SELF. SIMPLY
DETERMINE HOW OLD
YOU WANT TO BE
WHEN YOU READ THE
LETTER, AND KEEP IT
IN A SECURE PLACE
UNTIL THEN.

TODAY'S DATE

DEAR ME,

SINCERELY,
MYSELF

Know Thy Self

SOUL CARE

CREATE A LIST OF YOUR FAVORITE ACTIVITIES AND THINGS TO TURN TO WHEN YOU'RE FEELING DOWN IT'S ESSENTIAL TO HAVE A GO-TO LIST OF ACTIVITIES AND THINGS THAT MAKE YOU HAPPY WHEN YOU'RE HAVING A BAD DAY. SO TAKE A MOMENT TO JOT DOWN YOUR FAVORITE HOBBIES, FEEL-GOOD MOVIES, COMFORT FOODS, OR WHATEVER ELSE BRINGS YOU JOY AND COMFORT.

MY FAVORITE

FAVORITE MOVIES

- ▶
- ▶
- ▶

FAVORITE BOOKS

- ▶
- ▶
- ▶

FAVORITE GAMES

- ▶
- ▶
- ▶

THINGS TO DO WHEN I'M SAD

.....

.....

.....

THINGS I DO WHEN I'M BORED

.....

.....

.....

THIS YEAR I'M LOOKING FORWARD TO

Assertive Bill of Rights

I HAVE THE RIGHT TO...

- EXPRESS MY FEELINGS AND OPINIONS APPROPRIATELY AND HAVE THEM TAKEN SERIOUSLY BY OTHERS.**
- ASK FOR WHAT I WANT.**
- DISAGREE WITH OTHERS REGARDLESS OF THEIR POSITION OR NUMBERS.**
- TAKE THE TIME I NEED TO RESPOND.**
- SAY "NO" WITHOUT FEELING GUILTY.**
- SAY "I DON'T KNOW".**
- BE TREATED WITH RESPECT AND NOT BE TAKEN FOR GRANTED.**
- I FEEL ALL OF MY EMOTIONS (INCLUDING ANGER) AND EXPRESS THEM APPROPRIATELY.**
- OFFER NO REASONS OR EXCUSES.**
- ASK QUESTIONS.**
- SET MY OWN PRIORITIES.**
- MAKE MISTAKES.**
- CHANGE MY MIND.**
- MAKE MY OWN DECISIONS AND DEAL WITH THE CONSEQUENCES.**
- FEEL GOOD ABOUT MYSELF, MY ACTIONS AND MY LIFE.**
- EXERCISE ANY AND ALL OF THESE RIGHTS, WITHOUT FEELING GUILTY.**

FREE STRESS RELIEVERS

IDENTIFICATION WORKSHEET

CIRCLE WHAT APPLIES. LIST ANY ADDITIONAL STRESS/ANXIETY TRIGGERS

- | | |
|----------------------------|----------------------------------|
| TAKE DEEP BREATHS | LIST YOUR POSITIVE QUALITIES |
| WATCH SOMETHING FUNNY | DO SOMETHING KIND |
| TAKE A QUICK WALK | GIVE SOMEONE A HUG |
| DO A YOGA VIDEO ON YOUTUBE | GO FOR A LONG DRIVE |
| STAND UP AND STRETCH | TAKE UP A NEW HOBBY |
| LISTEN TO A PODCAST | LOOK UP RECIPES ON PINTEREST |
| TAKE A TIME OUT | COOK A MEAL |
| SLOWLY COUNT TO 50 | PRAY |
| USE POSITIVE SELF-TALK | LET YOURSELF CRY |
| JOURNAL | HAVE AN EARLY NIGHT |
| TALK TO A FRIEND | JOIN A SELF-HELP GROUP |
| CLOSE YOUR EYES | CREATE A WEBSITE |
| SAY, "I CAN DO THIS" | GO TO A BEACH |
| VISUALIZE YOUR | VISIT A LIBRARY |
| FAVORITE PLACE | SUDOKU OR CROSSWORD |
| THINK OF A HAPPY MEMORY | DONATE OLD CLOTHES |
| THINK OF A PET YOU LOVE | WATCH YOUR FAV MOVIE |
| GET ENOUGH SLEEP | WRITE A POEM |
| CLEAN SOMETHING | SIT IN THE SUN |
| MEDITATE | LISTEN TO UPLIFTING SONGS |
| USE A STRESS BALL | GO THROUGH OLD PHOTOS |
| DANCE | GO FOR A RUN |
| WRITE A LETTER | LEARN PHRASES IN OTHER LANGUAGES |
| MAKE A GRATITUDE LIST | CREATE OR BUILD SOMETHING |
| GO ON TIKTOK | |

TYPES OF COPING SKILLS

IDENTIFICATION WORKSHEET

NOT SURE WHAT TYPE OF COPING SKILL WILL HELP? TRY THE RECOMMENDATIONS BELOW

PHYSICAL SKILLS

- CONTRACT & RELEASE MUSCLES
- SQUEEZE SOMETHING
- PHYSICAL INTIMACY
- EXERCISE
- USE FIDGET TOYS
- BUILD SOMETHING

DISTRESS TOLERANCE SKILLS

- IMAGERY/VISUALIZATIONS
- PRAYER
- FINDING MEANING/PURPOSE
- GROUNDING TECHNIQUES
- RELAXING ACTIONS
- RADICAL ACCEPTANCE

DISTRACTION SKILLS

- ENGAGE WITH YOUR PET
- SCREEN TIME
- CLEAN
- PLAN SOMETHING FUN
- PARTICIPATE IN YOUR HOBBY
- GARDEN

MINDFULNESS

- OBSERVE (INTERNAL + EXTERNAL)
- BEING PRESENT
- WITHOUT JUDGEMENT
- CURIOS DISPOSITION
- SEPARATING YOURSELF FROM YOUR THOUGHTS
- FUNCTIONAL OPPOSITE ACTION

SELF SOOTHING SKILLS

- DEEP BREATHING
- POSITIVE SELF TALK
- SCAN YOUR BODY
- ENGAGE YOUR 5 SENSES

PROCESSING SKILLS

- CREATE A MIND MAP
- TALK TO TRUSTED PERSON
- CONTROL VS CAN'T CONTROL ACTIVITY
- IDENTIFY & UNDERSTAND TRIGGERS

Affirmation List

IDENTIFICATION WORKSHEET

UNDERLINE WHAT APPLIES. LIST ANY ADDITIONAL AFFIRMATIONS YOU WANT TO INTERNALIZE

I AM A STRONG PERSON

I AM DETERMINED AND SUCCESSFUL

I AM A GOOD AND WORTHWHILE PERSON

I HAVE INNER STRENGTH AND RESOURCES

I AM CONFIDENT AND COMPETENT

I HOLD MY HEAD UP HIGH

PEOPLE LIKE ME – I AM A LIKEABLE PERSON AND I LIKE MYSELF

I CARE ABOUT OTHER PEOPLE

I AM NEEDED AND WORTHWHILE

I AM A LOVING PERSON

I HAVE A LOT TO BE PROUD OF

I HAVE ALL THAT I NEED

I CAN ACHIEVE ANYTHING I WANT TO ACHIEVE

I MAKE WISE DECISIONS BASED ON WHAT I KNOW

I HAVE SET MY GOALS AND AM MOVING TOWARDS THEM

I ACCEPT MYSELF AS A UNIQUE AND WORTHWHILE PERSON

MY LIFE HAS MEANING AND PURPOSE

I AM IN CONTROL OF MY CHOICES

I HAVE MANY OPTIONS AND CAN MAKE WISE DECISIONS

EVERYTHING IS GETTING BETTER EVERY DAY

I AM HEALTHY AND HAVE ALL THAT I NEED

I KNOW I CAN MASTER ANYTHING IF I

PRACTICE IT CONTINUALLY

I HAVE MY INTUITION AND WISE JUDGEMENT–

I CAN SEEK INNER GUIDANCE WHENEVER I NEED TO

MY LIFE PURPOSE CAN BE WHATEVER I CHOOSE IT TO BE

ALL IS WELL, RIGHT HERE, RIGHT NOW

Anxiety Symptoms

IDENTIFICATION WORKSHEET

CIRCLE WHAT APPLIES. LIST ANY ADDITIONAL STRESS/ANXIETY TRIGGERS

COGNITIVE SYMPTOMS

- FEAR OF LOSING CONTROL
- BEING UNABLE TO COPE
- FEAR OF PHYSICAL INJURY OR DEATH
- FEAR OF "GOING CRAZY"
- FEAR OF NEGATIVE EVALUATIONS BY OTHERS
- FRIGHTENING THOUGHTS
- FRIGHTENING IMAGES OR MEMORIES
- PERCEPTIONS OF UNREALITY
- DETACHMENT
- POOR CONCENTRATION
- CONFUSION
- DISTRACTIBILITY
- NARROWING OF ATTENTION
- HYPER-VIGILANCE FOR THREAT
- POOR MEMORY
- DIFFICULTY IN REASONING
- LOSS OF OBJECTIVITY

BEHAVIORAL SYMPTOMS

- AVOIDANCE OF SITUATIONS/THINGS
- SKIN PICKING
- REPETITIVE CHECKING
- "FLIGHT" MODE
- PURSUIT OF SAFETY
- REASSURANCE SEEKING
- RESTLESSNESS, AGITATION
- FORGETFULNESS
- IMPAIRED COMMUNICATION
- SOCIAL ISOLATION
- PACING
- HYPERVENTILATION
- FREEZING
- MOTOR TICS
- MOTIONLESSNESS
- DIFFICULTY SPEAKING
- TROUBLE SLEEPING

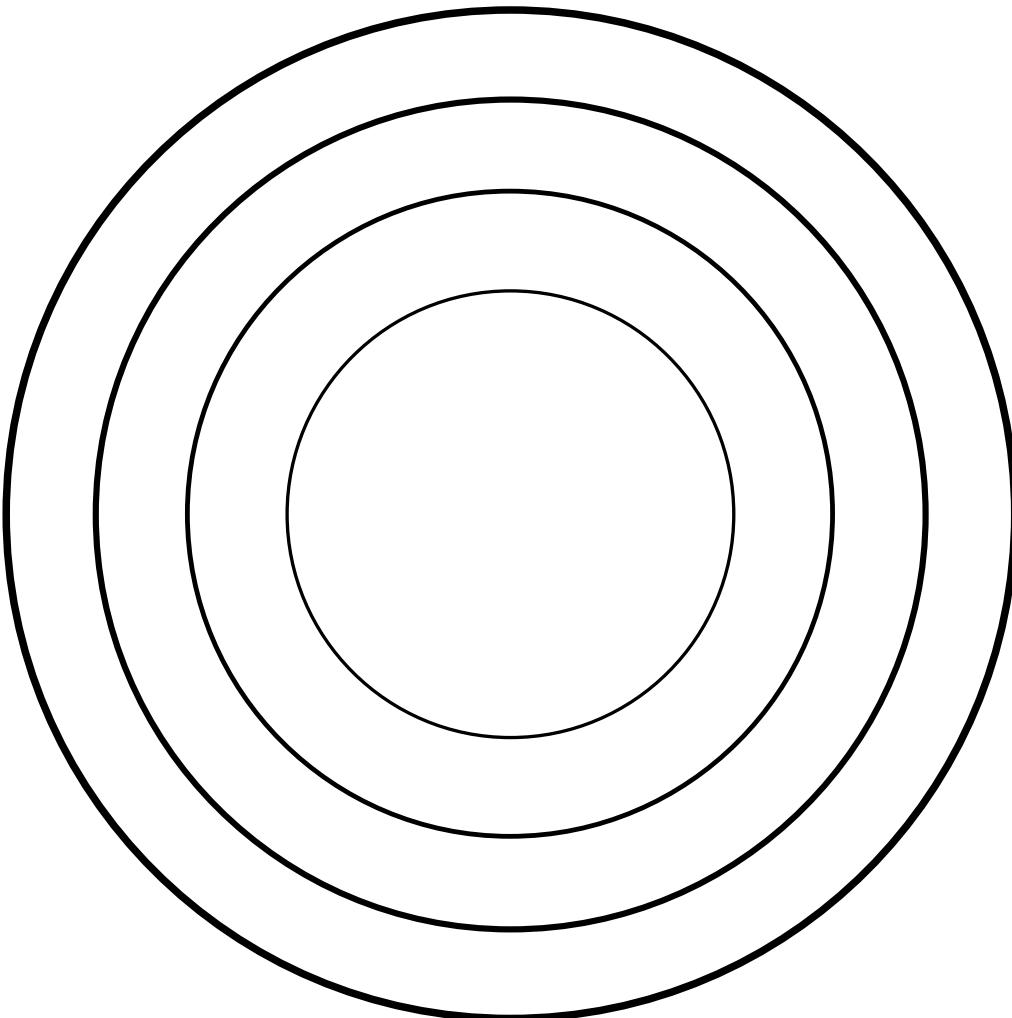
PHYSICAL SYMPTOMS

- INCREASED HEART RATE
- FATIGUE
- SHORTNESS OF BREATH
- NEED TO GO TO THE BATHROOM
- CHEST PAIN OR PRESSURE
- CHOKING SENSATION
- RINGING IN EARS
- DIZZINESS, LIGHTHEADEDNESS
- SWEATING, HOT FLASHES, CHILLS
- NAUSEA, UPSET STOMACH, DIARRHEA
- TREMBLING, SHAKING
- WEAKNESS, UNSTEADINESS,
- FAINTNESS
- TENSE MUSCLES, RIGIDITY
- DRY MOUTH

EMOTIONAL SYMPTOMS

- FEELING NERVOUS
- FEELING TENSE, WOUND UP
- FEELINGS OF NUMBNESS
- FEELING FRIGHTENED, FEARFUL
- FEELING TERRIFIED
- BEING EDGY, JUMPY, JITTERY
- BEING IMPATIENT
- FRUSTRATED
- FEELING DOWN
- REACTIVITY
- IMPULSIVITY
- DYSREGULATED
- LIST ANY OTHER SYMPTOMS
YOU'RE EXPERIENCING

SAFE PEOPLE EXERCISE



CREATING A CIRCLE OF TRUST: IDENTIFYING INDIVIDUALS IN YOUR TRUSTED NETWORK
TO ESTABLISH A SENSE OF SECURITY, IT'S IMPORTANT TO IDENTIFY PEOPLE IN YOUR CIRCLE OF TRUST. USE THE FOLLOWING FRAMEWORK TO CREATE YOUR OWN CIRCLE:

- THE INNERMOST CIRCLE REPRESENTS THOSE YOU TRUST THE MOST, SUCH AS CLOSE FAMILY MEMBERS OR FRIENDS.
 - THE NEXT CIRCLE OUT MIGHT INCLUDE EXTENDED FAMILY MEMBERS OR CLOSE COLLEAGUES.
 - THE OUTERMOST CIRCLE COULD INCLUDE PROFESSIONALS SUCH AS LAWYERS OR LAW ENFORCEMENT OFFICIALS.
- REMEMBER, YOU CAN LIST MULTIPLE INDIVIDUALS IN EACH LAYER TO ENSURE THAT YOU HAVE A RELIABLE SUPPORT SYSTEM.

My Week of Emotions

OUR EMOTIONS CAN BE DIVIDED INTO FOUR ZONES: BLUE, GREEN, YELLOW, AND RED. WE ALWAYS TRY TO STAY OR GO BACK TO THE GREEN ZONE AND AVOID THE RED ZONE.

FILL OUT THE CALENDAR BELOW FOR AN OVERVIEW OF THE ZONES YOU GO THROUGH IN A WEEK.

DATE: _____

DATE: _____

DATE: _____

DATE: _____

TODAY I FELT:

TODAY I FELT:

TODAY I FELT:

TODAY I FELT:

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

DATE: _____

DATE: _____

DATE: _____

TODAY I FELT:

TODAY I FELT:

TODAY I FELT:

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

**TO STAY IN THE
GREEN ZONE, I
TRIED TO:**

ZONES OF REGULATION

LOW ENERGY AND
MOTIVATION TO
PARTICIPATE

ATTENTIVE AND
FEELING POSITIVE
OVERALL

UNCOMFORTABLE AND
NEEDS TO FOCUS

FULL OF NEGATIVE
EMOTIONS AND MAY
REACT HARSHLY

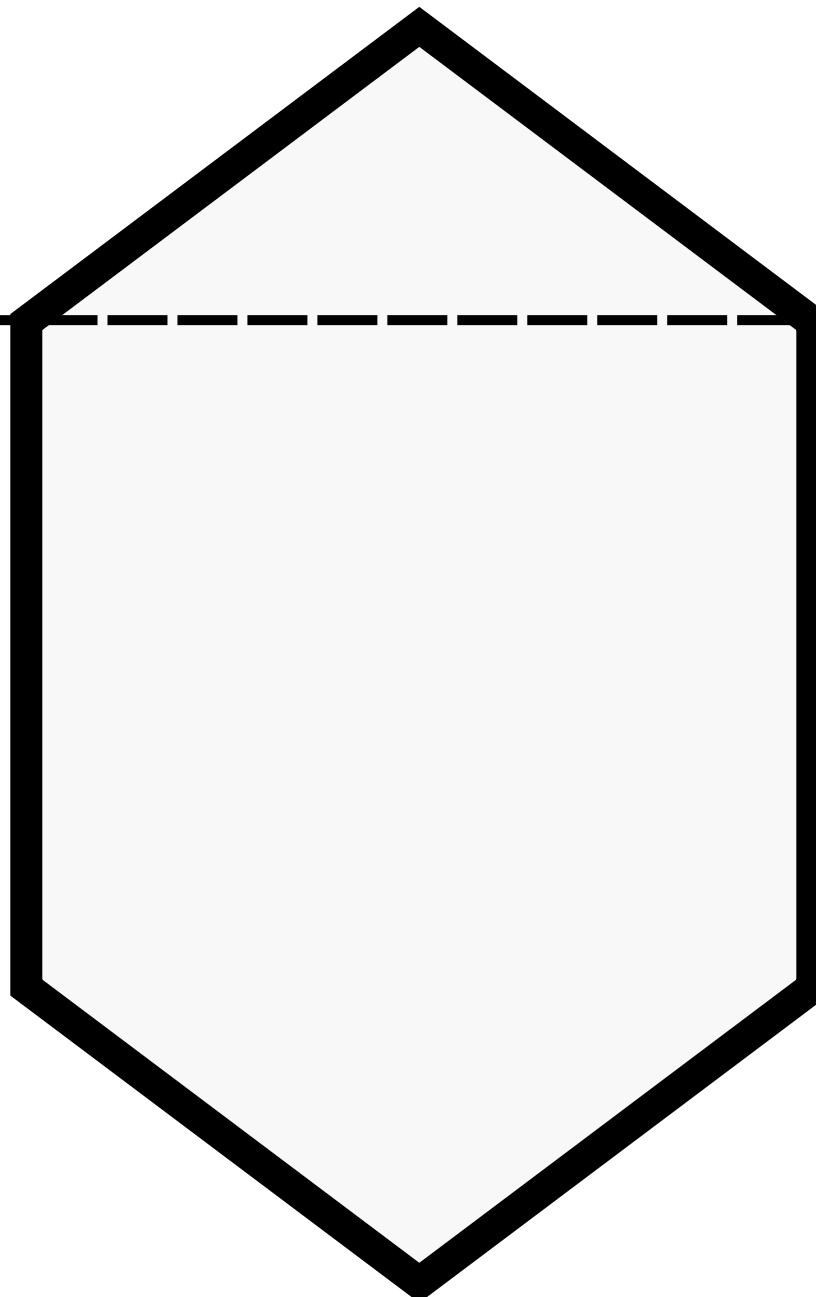
ANGER ICEBERG

EXPLORING BELOW THE SURFACE

WHEN I FEEL ANGRY...

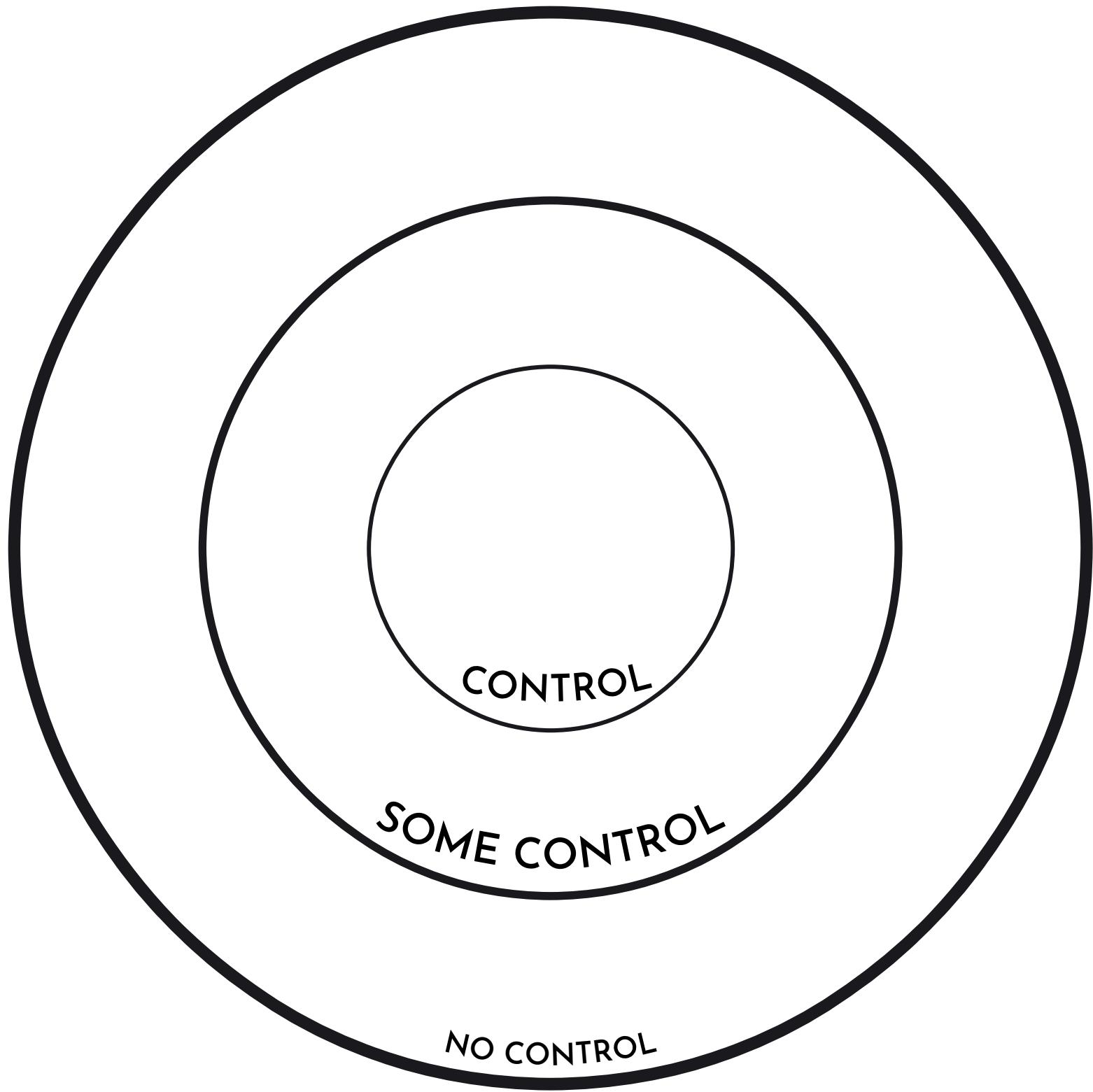
I show

I feel





"GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE,
THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW
THE DIFFERENCE." -THE SERENITY PRAYER



ANXIETY INCREASES WHEN WE FOCUS DISPROPORTIONATELY ON FACTORS OUTSIDE OF OUR CONTROL, WHILE NEGLECTING TO THINK ABOUT THE THINGS WE CAN CHANGE. ANXIETY CAN DECREASE IF WE SHIFT OUR PERSPECTIVE & FOCUS ON HEALTHY ACTIONS / ASPECTS OF OUR LIVES WHERE WE HAVE MORE CONTROL

self care ideas jar

A SELF-CARE JAR IS SIMPLY A JAR FILLED WITH IDEAS FOR THINGS YOU CAN DO TO TAKE CARE OF YOURSELF. THE IDEA IS THAT WHEN YOU'RE FEELING OVERWHELMED OR STRESSED, YOU CAN REACH INTO THE JAR AND PULL OUT AN IDEA TO HELP YOU RELAX AND REJUVENATE.

HERE ARE SOME EXAMPLES OF WHAT YOU COULD PUT IN YOUR JAR

1. TAKE A FEW DEEP BREATHS
2. GO FOR A WALK IN NATURE
3. MAKE A HEALTHY MEAL
4. DO SOME YOGA
5. SPEND TIME WITH FRIENDS AND FAMILY
6. MEDITATE
7. READ A GOOD BOOK
8. TAKE A RELAXING BATH
9. WRITE IN THIS JOURNAL
10. GET A GOOD NIGHT'S SLEEP
11. TAKE SOME TIME FOR YOURSELF
12. DO SOMETHING YOU ENJOY
13. GIVE YOURSELF A COMPLIMENT
14. LISTEN TO SOOTHING MUSIC
15. SPEND TIME IN PRAYER OR REFLECTION
16. CONNECT WITH LOVED ONES
17. MAKE A VISION BOARD
18. EXERCISE
19. TAKE A BREAK FROM ELECTRONICS
20. DRINK LOTS OF WATER
21. PLAN A FUN ACTIVITY FOR THE FUTURE
22. DO SOMETHING NICE FOR SOMEONE ELSE
23. VISIT A NEW PLACE
24. LEARN SOMETHING NEW
25. TRY OUT A NEW HOBBY
26. VOLUNTEER YOUR TIME
27. SPEND TIME WITH A PET
28. TAKE CARE OF YOUR PHYSICAL SPACE
29. CONNECT WITH NATURE
30. DO SOME DEEP BREATHING EXERCISES
31. PRACTICE SELF-COMPASSION
32. MAKE A LIST OF THINGS YOU'RE PROUD OF
33. DANCE AROUND
34. PLAY A GAME
35. GET OUTSIDE IN THE SUNSHINE
36. STRETCH YOUR BODY
37. CONNECT WITH YOUR SPIRITUALITY
38. FORGIVE YOURSELF
39. MAKE A LIST OF THINGS YOU'RE GRATEFUL FOR
40. DO SOMETHING TO MAKE SOMEONE ELSE'S DAY
41. TELL YOURSELF A POSITIVE AFFIRMATION
42. GIVE YOURSELF A HUG
43. DRINK HERBAL TEA
44. SPEND TIME IN SILENCE
45. WEAR COMFORTABLE CLOTHING
46. PLAN A TRIP
47. DO SOMETHING CREATIVE
48. COOK YOUR FAVORITE MEAL
49. SPEND TIME OUTSIDE IN NATURE
50. NURTURE YOUR PLANTS

self care boundaries

- 1. I WILL NOT PUT MYSELF LAST**
- 2. I WILL NOT NEGLECT MY NEEDS**
- 3. I WILL NOT COMPARE MYSELF TO OTHERS**
- 4. I WILL NOT BE TOO HARD ON MYSELF**
- 5. I WILL NOT LET OTHERS TAKE ADVANTAGE OF ME**
- 6. I WILL NOT HESITATE TO ASK FOR HELP WHEN I NEED IT**
- 7. I WILL NOT NEGLECT MY NEEDS TO PLEASE OTHERS**
- 8. I WILL NOT ALLOW MYSELF TO BE TREATED POORLY**
- 9. I WILL NOT NEGLECT MY MENTAL, EMOTIONAL, OR PHYSICAL HEALTH**
- 10. I WILL NOT PUT UP WITH TOXIC PEOPLE**
- 11. I WILL NOT ALLOW MYSELF TO BE DISRESPECTED**
- 12. I WILL NOT ALLOW MYSELF TO BE TAKEN FOR GRANTED**
- 13. I WILL NOT LET OTHERS MAKE ME FEEL GUILTY FOR TAKING CARE OF MYSELF**
- 14. I WILL NOT ALLOW MYSELF TO BE MANIPULATED**
- 15. I WILL NOT PUT UP WITH DRAMA**



positive self care affirmations

1. I AM TAKING CARE OF MYSELF BECAUSE I DESERVE IT
2. I AM IMPORTANT AND MY NEEDS MATTER
3. I LOVE AND RESPECT MYSELF
4. I AM WORTHY OF SELF-CARE
5. I AM WORTH THE EFFORT
6. SELF-CARE IS NOT SELFISH, IT IS NECESSARY
7. I AM NOT NEGLECTING MY RESPONSIBILITIES BY TAKING CARE OF MYSELF
8. I AM ALLOWED TO PUT MYSELF FIRST
9. I AM ALLOWED TO SAY NO
10. I AM ALLOWED TO TAKE TIME FOR MYSELF
11. I DESERVE TO BE HAPPY AND HEALTHY
12. I AM DOING MY BEST
13. I AM ALLOWED TO MAKE MISTAKES
14. I AM HUMAN AND I NEED TO CARE FOR MYSELF ACCORDINGLY
15. I DESERVE LOVE, COMPASSION, AND UNDERSTANDING
16. I AM TAKING CARE OF MYSELF SO THAT I CAN BE THE BEST VERSION OF MYSELF
17. SELF-CARE IS ESSENTIAL FOR MY WELL-BEING
18. I AM IMPORTANT AND I DESERVE TO BE TAKEN CARE OF
19. BY TAKING CARE OF MYSELF, I AM ALSO TAKING CARE OF THOSE AROUND ME
20. I AM ALLOWED TO ASK FOR HELP
21. SELF-CARE IS NOT A LUXURY, IT IS A NECESSITY
22. I LOVE MYSELF ENOUGH TO TAKE CARE OF MYSELF
23. I AM WORTH THE TIME AND EFFORT IT TAKES TO PRACTICE SELF-CARE
24. I AM ALLOWED TO MAKE MY OWN DECISIONS ABOUT WHAT IS BEST FOR ME
25. MY NEEDS ARE JUST AS IMPORTANT AS THE NEEDS OF OTHERS

growth mindset statements



"I CAN ALWAYS IMPROVE AND LEARN FROM MY MISTAKES."

"CHALLENGES HELP ME GROW AND BECOME STRONGER."

"EFFORT IS THE PATH TO SUCCESS, AND I'M WILLING TO PUT IN THE WORK."

"I EMBRACE NEW EXPERIENCES AND SEE THEM AS OPPORTUNITIES TO LEARN."

"I BELIEVE IN MY ABILITIES AND KNOW THAT I CAN ACHIEVE MY GOALS."

"FEEDBACK IS VALUABLE, AND I USE IT TO IMPROVE MYSELF."

"MISTAKES ARE A NATURAL PART OF LEARNING, AND I SEE THEM AS STEPPING STONES TO PROGRESS."

"I AM NOT LIMITED BY MY CURRENT SKILLS; I CAN DEVELOP AND IMPROVE THEM OVER TIME."

"I AM RESILIENT AND CAN BOUNCE BACK FROM SETBACKS."

"WITH PRACTICE AND PERSEVERANCE, I CAN ACHIEVE ANYTHING I SET MY MIND TO."

"I AM NOT AFRAID TO TRY NEW THINGS, EVEN IF THEY SEEM DIFFICULT AT FIRST."

"I SEE EFFORT AS THE PATH TO MASTERY, AND I'M WILLING TO EMBRACE THE JOURNEY."

"CHALLENGES ARE OPPORTUNITIES FOR ME TO GROW AND LEARN."

"I CAN LEARN FROM THE SUCCESS AND ACCOMPLISHMENTS OF OTHERS."

"I VIEW CRITICISM AS A CHANCE TO LEARN AND IMPROVE."

"I'M NOT AFRAID OF FAILURE; IT'S AN OPPORTUNITY TO LEARN AND DO BETTER NEXT TIME."

"I BELIEVE IN MYSELF AND MY ABILITIES TO OVERCOME ANY OBSTACLES."

"I CAN HANDLE DIFFICULT SITUATIONS WITH A POSITIVE AND OPEN MINDSET."

"EVERY MISTAKE IS A CHANCE FOR ME TO GROW AND BECOME BETTER."

"MY INTELLIGENCE AND ABILITIES CAN BE DEVELOPED THROUGH DEDICATION AND HARD WORK."

growth mindset

A NEW OUTLOOK: WRITE AN ALTERNATIVE PHRASE

INSTEAD OF:	SAY:
THIS IS TOO HARD! I GIVE UP.	EX: I AM ALLOWED TO TAKE MY TIME AS LONG AS I KEEP TRYING
I'M NO GOOD AT THIS!	
I CAN'T DO THIS!	
"I'M SO STUPID, I CAN'T DO ANYTHING RIGHT."	EX: I AM CAPABLE AND WILL LEARN FROM MY MISTAKES
"I'M NEVER GOING TO BE SUCCESSFUL."	
"I LOOK TERRIBLE TODAY."	
"I'M SO LAZY."	
"I'M A FAILURE."	
"I AM SO DUMB"	
WRITE YOUR OWN	

BREAK IT DOWN

ASSESSING ANXIETY

CHOOSE A THOUGHT THAT HAS WORRIED YOU OR CAUSED YOU ANXIETY.

IS IT BASED ON A FEELING OR ACTUAL FACT?

FEELING / FACT

IS IT POSSIBLE FOR MY THOUGHT TO COME TRUE?

YES / NO

WILL IT STILL MATTER TO ME TOMORROW OR IN THE FUTURE?

YES / NO

WHAT IS THE WORST THAT CAN HAPPEN IF IT DOES COME TRUE?

WHAT CAN I DO TO HANDLE THE SITUATION OR THOUGHT IN A POSITIVE WAY?

NAME: _____ DATE: _____

Anxiety Trigger Sheet

WHAT IS MAKING YOU FEEL ANXIOUS?

WHAT THOUGHTS ARE GOING THROUGH YOUR HEAD?

HOW IS YOUR BODY RESPONDING?

WHAT IS THE WORST THING THAT CAN HAPPEN?

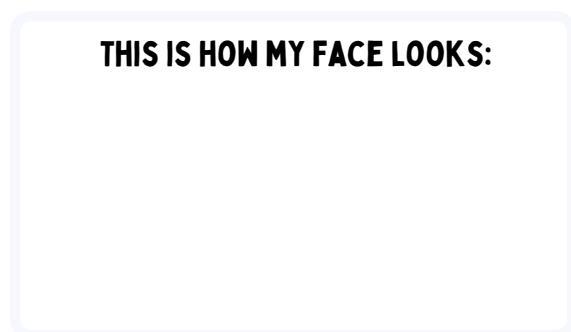
WHAT CAN YOU CONTROL IN THIS SITUATION?

WHAT CAN YOU DO TO CALM YOUR BODY?

WHEN I FEEL WORRIED

THINGS THAT MAKE ME FEEL WORRIED ARE:

THIS IS HOW MY FACE LOOKS:



MY BODY RESPONDS BY:



THE OPPOSITE OF FEELING WORRIED IS:



MY FACE WHEN I FEEL THIS WAY:

THINGS I CAN DO TO HELP MYSELF FEEL MORE SECURE:

THE AWARENESS WHEEL

DECONSTRUCTING AN EVENT TO KNOW HOW TO RESPOND APPROPRIATELY

I SENSE

WHAT DO I SEE?

WHAT DO I HEAR?

I THINK

**HOW DO I INTERPRET WHAT I
SEE AND HEAR?**

WHAT ARE MY JUDGEMENTS?

I FEEL

**WHAT IS MY EMOTIONAL
RESPONSE? HOW DO I FEEL?**

I WANT

**WHAT DO I WANT, HOPE AND
DESIRE FOR MYSELF AND OTHERS?**

I DO

**WHAT WILL I DO I WANT FOR THE
FUTURE, PAST AND PRESENT?**



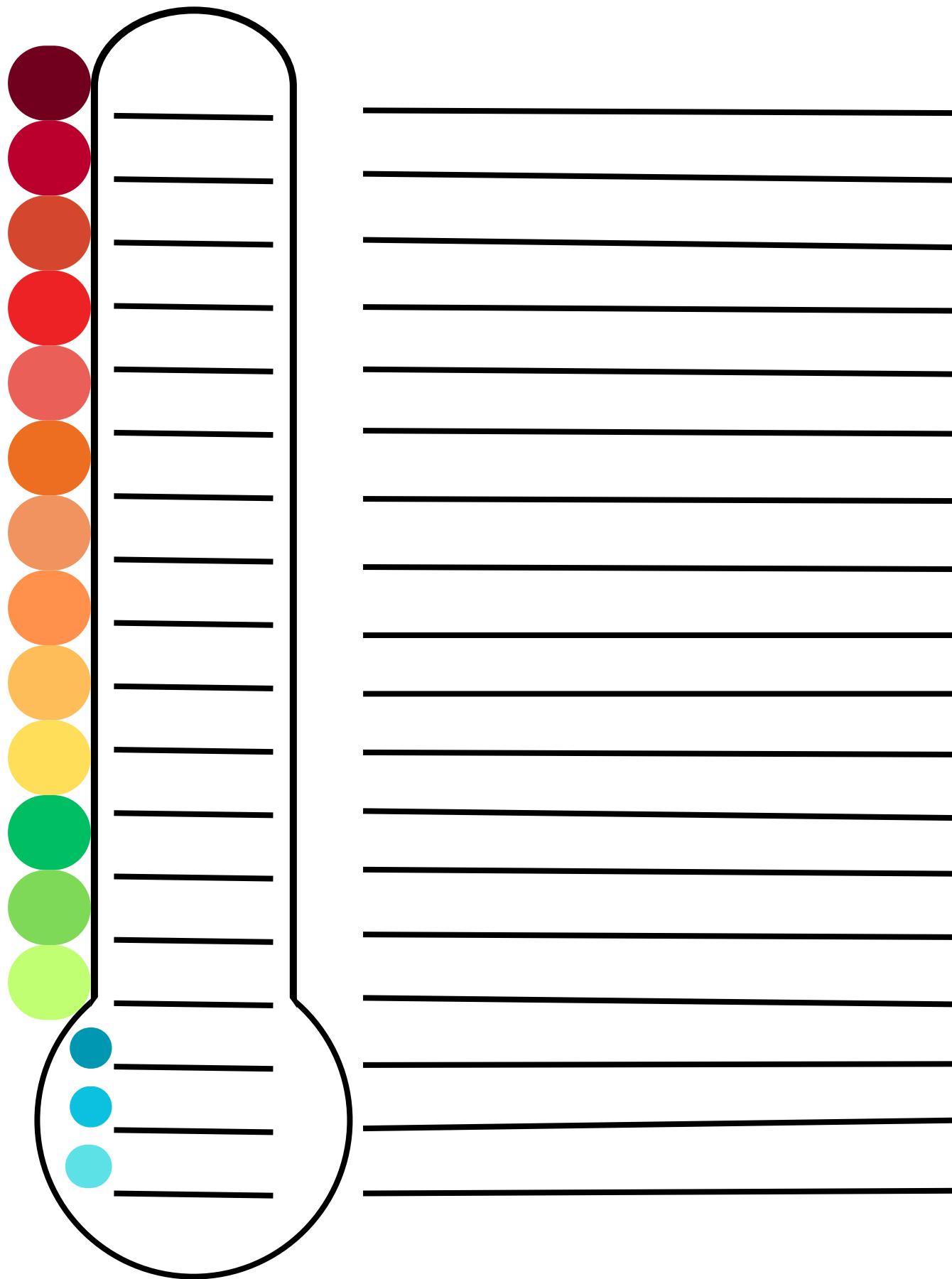
Lifestyle Assessment

WRITE ALL THE THINGS THAT COME TO MIND. DOES THIS FEEL BALANCED? WHAT WOULD YOU LIKE TO SWITCH? WHAT ARE YOU MOST PROUD OF?

BEHAVIORS, PATTERNS, HABITS. ASPECTS OF LIFE , RELATIONSHIPS, ETC

EMOTIONAL THERMOMETER

PHYSIOLOGICAL INTENSITY Tongle®



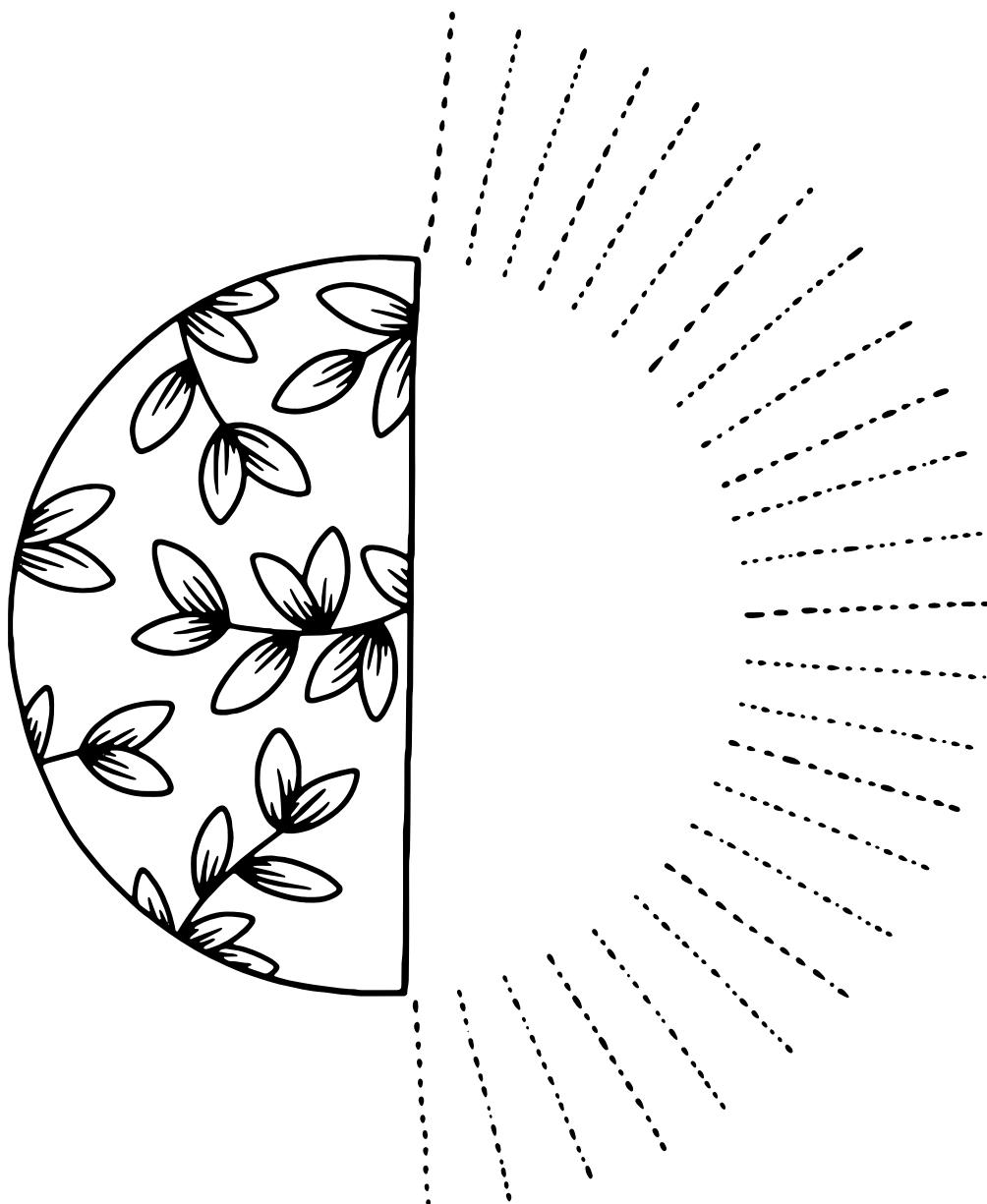


WELLNESS ACTIVITIES

IDENTIFICATION WORKSHEET

WRITE DOWN ACTIVITIES THAT WOULD IMPROVE WORK/LIFE BALANCE

"The good life is a process,
not a state of being. It is a
direction, not a destination."



-Carl Rogers



USING THE ACTION PRIORITY MATRIX

MAXIMIZING OPPORTUNITIES

Prioritizing Tasks: Impact vs. Effort

WHEN DETERMINING WHICH TASKS TO TACKLE FIRST, CONSIDER THEIR POTENTIAL IMPACT AND THE AMOUNT OF EFFORT REQUIRED TO COMPLETE THEM. ASSIGN A SCORE BETWEEN 0 AND 10, WITH 0 INDICATING LITTLE TO NO IMPACT OR EFFORT AND 10 INDICATING SIGNIFICANT EFFORT OR IMPACT.

Factors of Health & Quality of Life

FACTORS INFLUENCING HEALTH & QUALITY OF LIFE (CIRCLE ANY THAT MAY BE RELEVANT)

BREATHING/RESPIRATORY FUNCTIONING	ENVIRONMENTAL TOXINS	ACCESS TO HEALTHCARE
NUTRITION	POLLUTION LEVELS	DISPOSITION/TEMPERAMENT
HORMONE FUNCTIONING	AIR QUALITY	DEFENSE MECHANISMS
MEDICATION(S)	CLIMATE	COPING SKILLS
THYROID FUNCTIONING	TEMPERATURE OF ENVIRONMENT	HEALTH RELATED STIGMAS
VITAMIN LEVELS/DEFICIENCIES	LIGHTING	INSURANCE
NUEROCHEMICAL FUNCTIONING	MOLD EXPOSURE	RELATIONSHIP WITH HEALTHCARE
EXERCISE LEVEL	TIME OUTDOORS	PROVIDERS
FAMILY MEDICAL HISTORY/GENETICS	UNHYGIENIC ENVIRONMENT	COMMUNICATION SKILLS
CHRONIC PAIN	FINANCIAL HARSHSHIP	IMPAIRED MENTAL STATUS:
INFLAMMATION	POVERTY	MEMORY ISSUES
STRESS LEVEL	SAFETY	MOOD
STRESS RESPONSE	EDUCATION	ORIENTATION OF TIME
RECREATIONAL SUBSTANCE USE	SLEEP APNEA	INSIGHT
ADDICTION	BACTERIAL INFECTION	CONCENTRATION
BRAIN TRAUMA	TRAUMA	ORIENTATION
DEVELOPMENTAL TRAUMA	BLOOD FLOW/CIRCULATION	ATTENTION
DIGESTIVE FUNCTIONING/ ISSUES	ALLERGIES	FUND OF INFORMATION
WATER INTAKE	BLOOD SUGAR LEVELS	ABSTRACT REASONING
COGNITIVE FUNCTIONING	MOBILITY	SOCIAL JUDGEMENT
IMMUNE SYSTEM	DIVERSITY OF GUT MICROBIOME	DECISION MAKING
SEXUAL DYSFUNCTION	BELIEFS	AFFECT
DIABETES	CHILDHOOD EXPERIENCES	EMOTIONAL STATES OF BEING
CARDIOVASCULAR ISSUES	PEER INFLUENCE	SENSE OF SAFETY
VIRAL INFECTIONS	EDUCATION LEVEL	ADVERSE CHILDHOOD EXPERIENCES
PHYSICAL ACTIVITY	SOCIAL SKILLS	CHRONIC EXPOSURE TO DISTRESSING
METABOLIC FUNCTIONING	EMOTIONAL VOCABULARY	SITUATIONS & RELATIONSHIPS
UNHEALTHY LIFESTYLE HABITS (CIGARETTE, VAPING, ETC)	CULTURAL NORMS	STRESS TOLERANCE
OBESITY	FAMILY NORMS	QUALITY OF INTERPERSONAL CONNECTIONS
CHRONIC MEDICAL CONDITION	EXPECTATIONS	TIME MANAGEMENT
ACUTE MEDICAL CONDITION	BOUNDARIES	BEHAVIORAL PATTERNS
NEUROLOGICAL FUNCTIONING	FLEXIBILITY/ADAPTABILITY	EMOTIONAL AND BEHAVIORAL SKILL SET
HYGIENE FUNCTIONING	COGNITIVE DISTORTIONS	KNOWLEDGE
SENSORY PROCESSING ABILITY	ROLES	DYSFUNCTIONAL BEHAVIORS
RELAXATION	VALUES	UNSUPPORTIVE SYSTEMS
POOR ORAL HYGIENE	RELATIONAL ISSUES	ESTEEM
MISC. SOMATIC EXPERIENCES	DEMANDS VS RESOURCES	PERSPECTIVE/LANGUAGE
GUT-BRAIN CONNECTION	FAITH/SPIRITUALITY	SELF EXPRESSION
HUMAN CONNECTION	ROUTINE	HRV / COHERENCE
	EXTERNAL STRESSORS	

CHECK OFF ANY FACTORS THAT MAY BE INFLUENCING YOUR MENTAL HEALTH STATUS

- | | |
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| <input type="checkbox"/> BREATHING/RESPIRATORY FUNCTIONING
<input type="checkbox"/> SLEEP
<input type="checkbox"/> MALNUTRITION
<input type="checkbox"/> HORMONE IMBALANCE
<input type="checkbox"/> MEDICATION(S)
<input type="checkbox"/> THYROID FUNCTIONING
<input type="checkbox"/> VITAMIN DEFICIENCIES
<input type="checkbox"/> NUEROCHEMISTRY
<input type="checkbox"/> EXERCISE LEVEL
<input type="checkbox"/> FAMILY MEDICAL HISTORY
<input type="checkbox"/> CHRONIC PAIN
<input type="checkbox"/> INFLAMMATION
<input type="checkbox"/> STRESS LEVEL
<input type="checkbox"/> STRESS RESPONSE
<input type="checkbox"/> RECREATIONAL SUBSTANCE USE
<input type="checkbox"/> ILLEGAL DRUGUSE
<input type="checkbox"/> BRAIN TRAUMA
<input type="checkbox"/> DEVELOPMENTAL TRAUMA
<input type="checkbox"/> DIGESTIVE ISSUES
<input type="checkbox"/> WATER INTAKE
<input type="checkbox"/> COGNITIVE FUNCTIONING
<input type="checkbox"/> IMMUNE SYSTEM
<input type="checkbox"/> SEXUAL DYSFUNCTION
<input type="checkbox"/> DIABETES
<input type="checkbox"/> CARDIOVASCULAR ISSUES
<input type="checkbox"/> VIRAL INFECTIONS
<input type="checkbox"/> POOR NUTRITION CONSUMPTION
<input type="checkbox"/> METABOLIC FUNCTIONING
<input type="checkbox"/> UNHEALTHY ITEM CONSUMPTION
<input type="checkbox"/> (CIGARETTE, VAPING, ETC)
<input type="checkbox"/> OBESITY
<input type="checkbox"/> CHRONIC MEDICAL CONDITION
<input type="checkbox"/> SENSORY PROCESSING ABILITY
<input type="checkbox"/> RELAXATION
<input type="checkbox"/> POOR ORAL HYGIENE
<input type="checkbox"/> MISC. SOMATIC EXPERIENCES
<input type="checkbox"/> GUT-BRAIN CONNECTION
<input type="checkbox"/> HUMAN CONNECTION | <input type="checkbox"/> ENVIRONMENTAL TOXINS
<input type="checkbox"/> HIGH POLLUTION
<input type="checkbox"/> AIR QUALITY
<input type="checkbox"/> CLIMATE
<input type="checkbox"/> TEMPERATURE
<input type="checkbox"/> LIGHTING
<input type="checkbox"/> MOLD EXPOSURE
<input type="checkbox"/> TIME OUTDOORS
<input type="checkbox"/> UNHYGIENIC ENVIRONMENT
<input type="checkbox"/> FINANCIAL HARSHSHIP
<input type="checkbox"/> POVERTY
<input type="checkbox"/> SAFETY
<input type="checkbox"/> EDUCATION
<input type="checkbox"/> SLEEP APNEA
<input type="checkbox"/> FREQUENT INFECTIONS
<input type="checkbox"/> MENSTRUAL CYCLE
<input type="checkbox"/> SUNSHINE EXPOSURE
<input type="checkbox"/> LACK OF LIFE STRUCTURE
<input type="checkbox"/> BRITTLE HAIR & NAILS
<input type="checkbox"/> ENERGY LEVEL
<input type="checkbox"/> ACUTE MEDICAL CONDITION
<input type="checkbox"/> NEUROLOGICAL FUNCTIONING
<input type="checkbox"/> HYGIENE DYSFUNCTION |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Role-Play Simulation

OBJECTIVE:

LIST OF ROLES FOR SIMULATION:

ROLE:

THERAPEUTIC CONCEPT

DEEP BREATHING EXERCISE

SIT OR LIE DOWN

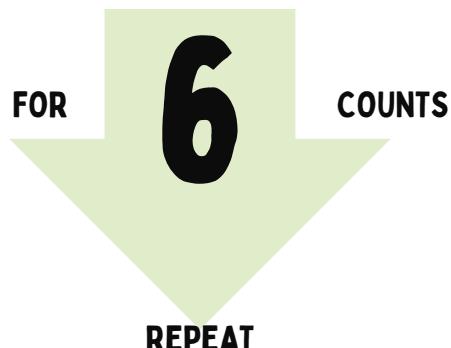
SOMEWHERE COMFORTABLE. THEN, START BY OBSERVING YOUR BREATH
IN THROUGH YOUR NOSE



HOLD YOUR BREATH



BREATHE OUT THROUGH YOUR NOSE



PRACTICE ONCE OR TWICE A DAY

Hierarchy of Needs

INSTRUCTIONS: DESCRIBE AN EXAMPLE OF A NEED YOU HAVE FOR EACH OF THE CATEGORIES BELOW:

WHAT WOULD MEET YOUR NEEDS? BRAIN STORM EXERCISE

SELF ACTUALIZATION

ESTEEM

LOVE & BELONGING

SAFETY FEELINGS

PHYSIOLOGOCIAL NEEDS

HAVING GOOD MENTAL HEALTH IS MORE THAN THE ABSENCE OF ILLNESS. RATHER, IT'S A STATE OF HOLISTIC WELL-BEING.

SOME EXPERTS HAVE TRIED COMING UP WITH DIFFERENT TERMS TO EXPLAIN THE DIFFERENCE BETWEEN MENTAL HEALTH AND MENTAL HEALTH CONDITIONS. PHRASES SUCH AS GOOD MENTAL HEALTH, POSITIVE MENTAL HEALTH, MENTAL WELLBEING, SUBJECTIVE WELLBEING, AND EVEN HAPPINESS HAVE BEEN PROPOSED BY VARIOUS PEOPLE TO EMPHASIZE THAT MENTAL HEALTH IS ABOUT WELLNESS RATHER THAN ILLNESS. WHILE SOME SAY THIS HAS BEEN HELPFUL, OTHERS ARGUE THAT USING MORE WORDS TO DESCRIBE THE SAME THING JUST ADDS TO THE CONFUSION.

AS A RESULT, OTHERS HAVE TRIED TO EXPLAIN THE DIFFERENCE BY TALKING ABOUT A CONTINUUM WHERE MENTAL HEALTH IS AT ONE END OF THE SPECTRUM – REPRESENTED BY FEELING GOOD AND FUNCTIONING WELL – WHILE MENTAL HEALTH CONDITIONS (OR MENTAL ILLNESS) ARE AT THE OTHER – REPRESENTED BY SYMPTOMS THAT AFFECT PEOPLE'S THOUGHTS, FEELINGS OR BEHAVIOR.

My Protective Factors

PROTECTIVE FACTORS HELP YOU BE RESILIENT WHEN FACED WITH CHALLENGES. FILL IN THE BELOW AREAS TO HELP IDENTIFY STRENGTHS IN YOUR LIFE.

SOCIAL SUPPORT

LIST A MINIMUM OF 3 PEOPLE IN YOUR LIFE THAT YOU CAN TALK TO ABOUT YOUR PROBLEMS.

SKILLS

DESCRIBE AT LEAST ONE THING YOU ARE GOOD AT, OR HAVE KNOWLEDGE ON.

COPING STRATEGIES

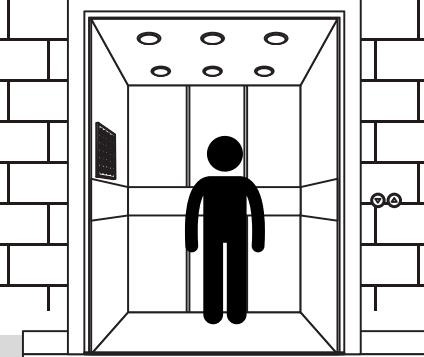
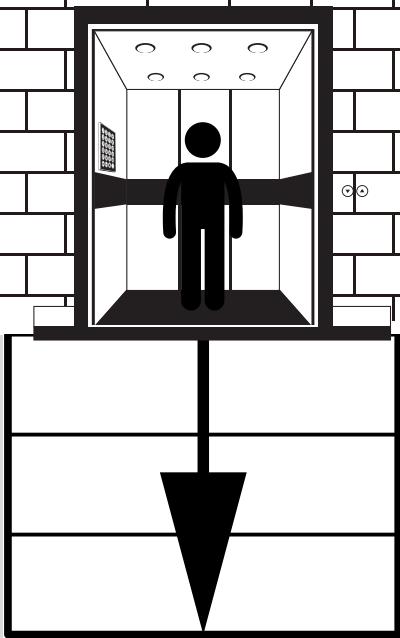
DESCRIBE A TIME WHEN YOU'VE OVERCOME A CHALLENGE.

PERSONAL IDENTITY

DESCRIBE SOMETHING YOU ARE PROUD OF, RELATING TO YOUR PERSONAL IDENTITY.

COMMUNITY

LIST ANY INTEREST ACTIVITIES YOU ARE ENGAGED IN.



**"THE
DEPTHES
& WIDTH
OF OUR
INNER
WORLDS
VARY."**

Resource Circle Worksheet

BY COMPLETING A RESOURCE CIRCLE, YOU CAN GET A GENERAL IDEA OF THE PERCENTAGE OF PERSONAL RESOURCES THAT ORIGINATE FROM VARIOUS AREAS OF YOUR LIFE.

YOUR RESOURCES:

HOME

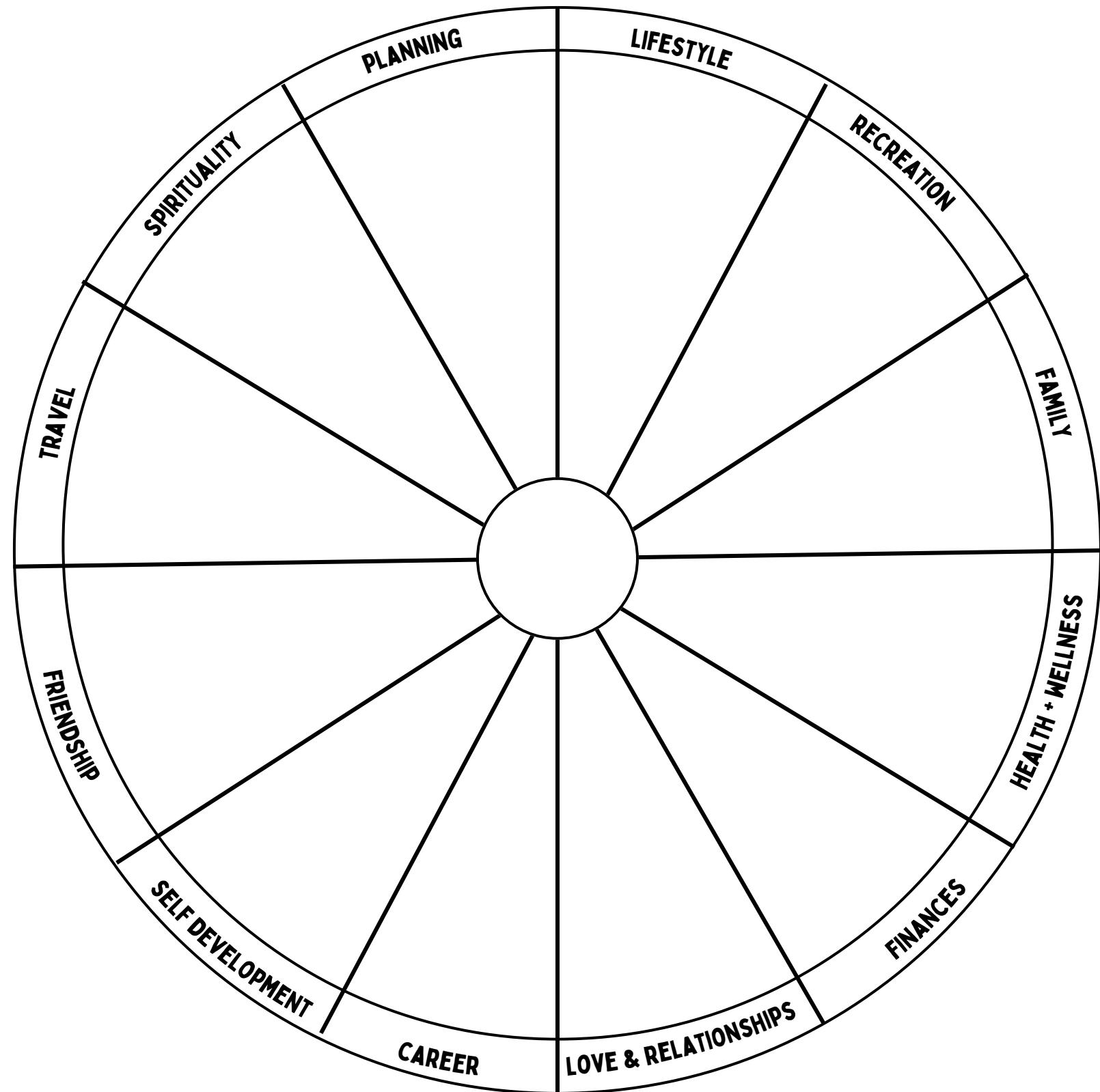
VALUES

RELAXATION

RELATIONSHIP

Wheel of life

RATE YOURSELF FROM 0 - 10 ON THE CHART BELOW, WITH 10 BEING THE BEST OUTCOME.
MAKE SURE TO SCORE YOURSELF HONESTLY (IMAGINE YOU ARE SCORING A FRIEND).



ALSO, WRITE IN YOUR PRIORITIES FOR EACH CATEGORY

goals

SMART GOALS

S

PECIFIC

PLAN EFFECTIVELY
WITH SPECIFIC
TARGETS IN MIND.



M

EASUREABLE

TRACK YOUR
PROGRESS AND
REEVALUATE ALONG
THE WAY.



A

TTAINABLE

SET REALISTIC GOALS
THAT ARE
CHALLENGING BUT
ACHIEVABLE.



R

ELEVANT

ENSURE THE GOAL
SERVES A RELEVANT
PURPOSE.



T

IME

SPECIFY A DEADLINE,
MONITOR PROGRESS
AND REEVALUATE.



JAR of LIFE

A SYSTEMIC THERAPIST'S PERSPECTIVE: THESE DO NOT EXIST IN ISOLATION, EVERY ASPECT OF OUR LIVES ARE INTERCONNECTED. | FILL IN YOUR PRIORITIES



JAR of LIFE

A SYSTEMIC THERAPIST'S PERSPECTIVE: THESE DO NOT EXIST IN ISOLATION, EVERY ASPECT OF OUR LIVES ARE INTERCONNECTED FILL IN YOUR PRIORITIES



notes



Vision board

WEALTH GOAL	HEALTH GOAL	
LOVE	FAMILY	CAREER
SPIRITUALITY	KNOWLEDGE	
NOTES		

SETTING YOUR GOALS

30 DAYS

ACTION PLAN

-
-
-
-

60 DAYS

ACTION PLAN

-
-
-
-

90 DAYS

ACTION PLAN

-
-
-
-

Achieving Goals

WHAT ARE MY SHORT-TERM GOALS?

WHY DO I WANT TO ACHIEVE THEM?

WHAT HABITS DO I NEED TO KEEP IN ORDER TO ACHIEVE THEM?

WHAT HABITS MIGHT SLOW ME DOWN IN ACHIEVING THEM?

Habit tracker

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS.
FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

01

02

03

04

05

06

07

08

09

10

11

12

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REFLECTION NOTES



Wellness Goals

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

LIFE DOMAIN	WHAT I'M DOING WELL	GROWTH AREAS	GOAL
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			

Weekly goal Tracker

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

GOAL FEAR SETTING



GOAL FEAR SETTING



Setting Your Goals

PLANNING WORKSHEET

TIPS FOR ACCOMPLISHING YOUR FINANCIAL GOALS

- 1. MAKE SURE YOUR GOALS ARE SMART GOALS (THIS MEANS YOUR GOALS ARE SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, AND TIME-BASED.)**

- 2. WRITE DOWN ALL TASKS/STEPS POSSIBLE TO ACHIEVE YOUR GOAL. COMPLETE THEM ONE SMALL TASK AT A TIME TO AVOID GETTING OVERWHELMED BY THE GOAL AS A WHOLE.**

- 3. PRIORITIZE YOUR GOALS BY SETTING ASIDE SMALL CHUNKS OF FOCUSED TIME THROUGHOUT THE WEEK TO COMPLETE YOUR TASKS. STICK TO SMALL TIME FRAMES (AN HOUR OR LESS) TO STAY ENGAGED & ESTABLISH MOMENTUM TO BUILD ON.**

- 4. SELF AWARENESS IS KEY. MAKE SURE YOUR GOALS ARE REALISTIC AND MANAGABLE FOR YOU.**



Year In Review Looking at Next Year

Year

Year

Highlights

Notes

80/20 Ratio

fill out your goals with the 80/20 principle in mind:

"The Pareto Principle, also known as the 80-20 rule, is a concept that many have adopted for their life and time management. It is the idea that 20% of the effort, or input, leads to 80% of the results or output. The point of this principle is to recognize that most things in life are not distributed evenly."

(Guy Evans, O. (2023) <https://www.simplypsychology.org/.>)

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5

GOAL 6

GOAL 7

GOAL 8

LIFE GOALS

P

PHYSICAL

EXERCISE, SLEEP AND HEALTHY FOOD

E

EMOTIONAL

MENTAL HEALTH, MINDFULNESS AND SELF KNOWLEDGE

I

INTELLECTUAL

ANY GOAL THAT DEVELOPS YOUR INTELLECT OR LEARNING ABILITY

R

RELATIONAL

ROMANTIC, FRIENDLY OR FAMILY RELATIONSHIP GOALS

P

PROFESSIONAL

CAREER GOALS

goals

**ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.**

GOAL:

WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

SO, WHY IS THIS GOAL IMPORTANT?

OVERCOME YOUR WEAKNESSES

**READ THE 5 WEAKNESSES-ZAPPING STRATEGIES BELOW, THEN
IDENTIFY AT LEAST ONE STRATEGY AND ACTION FOR EACH WEAKNESS.**

- LOWER YOUR STANDARDS. STOP EXPECTING SO MUCH OF YOURSELF.
- DESIGN A SUPPORT SYSTEM THAT HELPS YOU MANAGE YOUR WEAKNESSES.
- OVERWHELM THE WEAKNESS. BE GOOD AT SOMETHING ELSE.
- FIND A PARTNER. THINK OF SOMEONE WHO LOVES DOING WHAT YOU DON'T AND YOU LOVE DOING WHAT THEY DON'T - AND SWAP.
- STOP DOING IT! WHY TRY SO HARD AT SOMETHING YOU'RE NOT GOOD AT?

<u>WEAKNESS #1</u>	STRATEGIES : ACTIONS :

<u>WEAKNESS #2</u>	STRATEGIES : ACTIONS :

<u>WEAKNESS #3</u>	STRATEGIES : ACTIONS :



HEALTH APPOINTMENTS LOG

TYPES OF
Self-care

