

# 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**

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**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**
- **OUTSPOKEN**
- **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**
- **SOCIABLE**
- **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.

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## 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



**SENSING**

**ACTING**

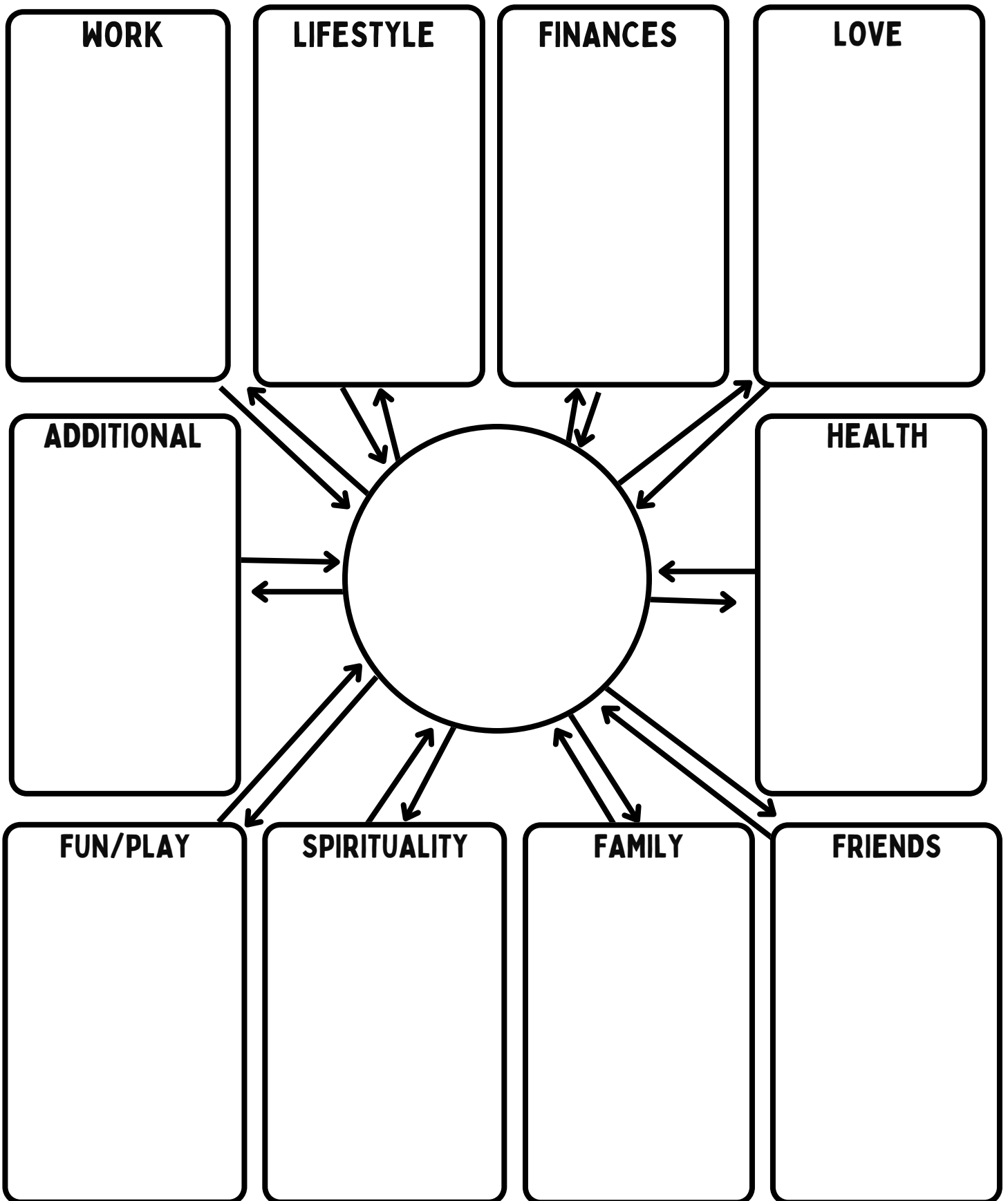
**THINKING**

**INTENDING**

**FEELING**



# map the presenting problem(s)



# MINDFUL SENSES

## EXERCISE

**SMELL**

**DESCRIBE THE EVENT  
YOU ARE OBSERVING**

**HEAR**

**TOUCH**

**SIGHT**

**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**

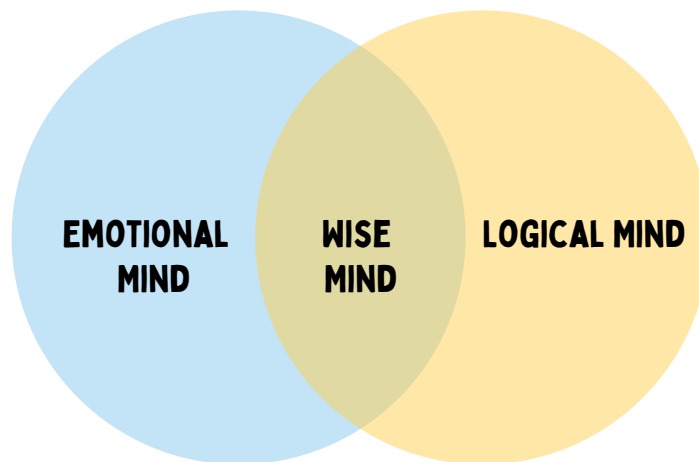
**ENGAGE ALL YOUR SENSES TO EXPLORE EACH ITEM AND JOT DOWN YOUR REFLECTIONS.**

# 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**



values

# 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).**

**KEY CONCEPTS**



# 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-FOCUSED           | QUALITY             | SUPPORT FOR THE ARTS  | POSITIVITY                       |
| TRADITIONAL            | SERVICE             | TOLERANCE             | RELIABILITY                      |
| WORK-LIFE BALANCE      | TRANSPARENCY        |                       | RESPECT                          |
|                        |                     |                       | NURTURING THE<br>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        | HELPLESSNESS       |
| 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

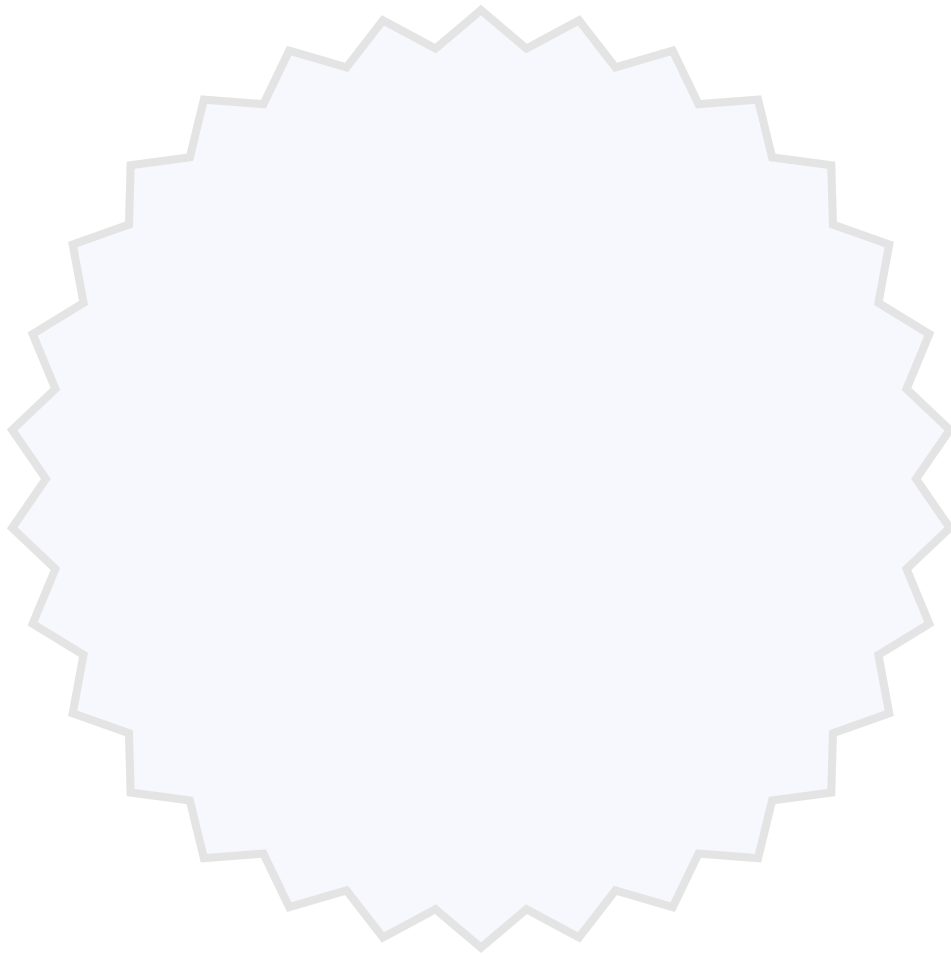
**A PERSPECTIVE AND/OR AN EMOTIONAL RESPONSE  
TOWARDS SOMETHING.**



**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*

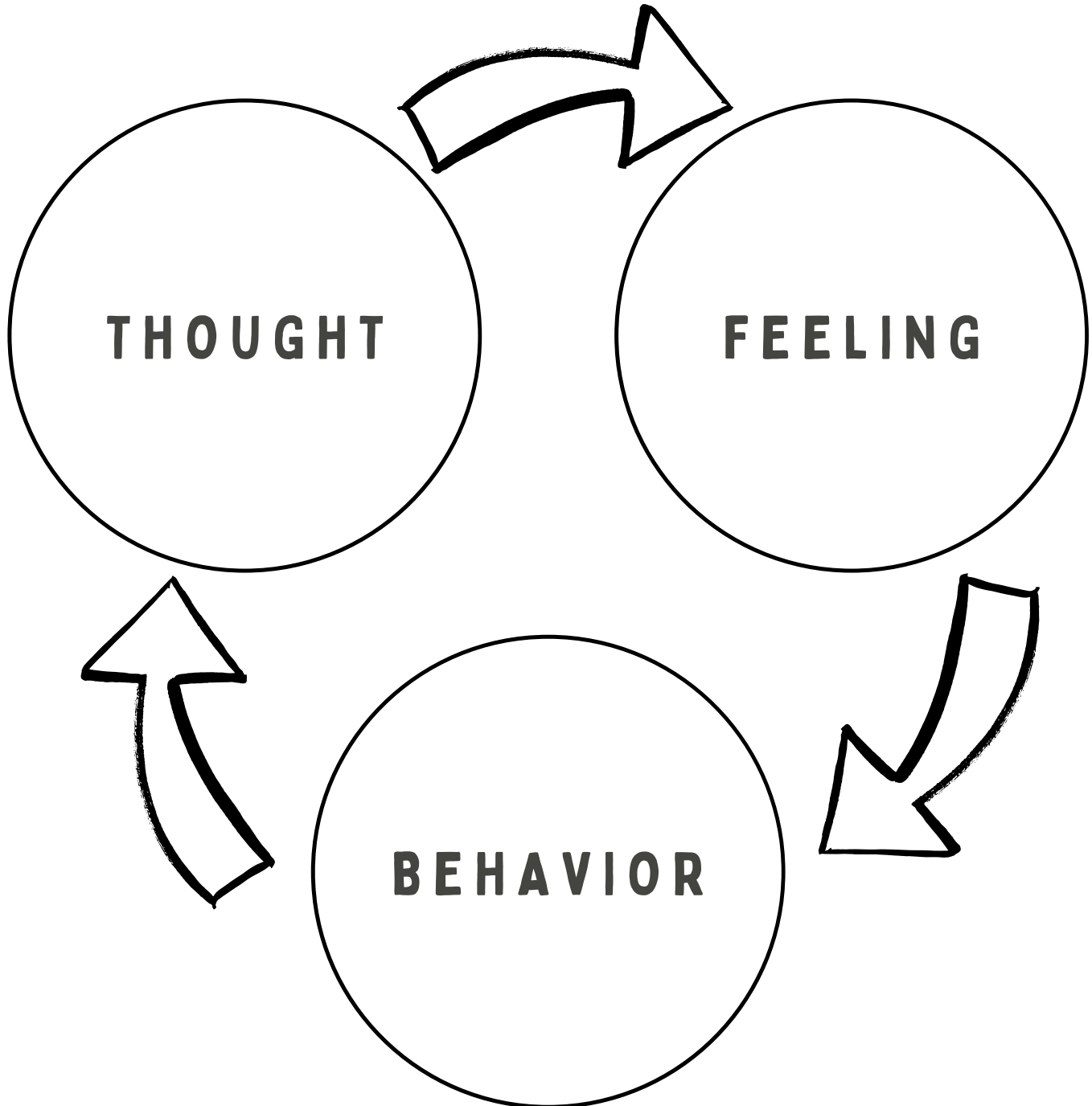
**THOUGHTS,  
FEELINGS, &  
BEHAVIORS**

# Why Thoughts Matter

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## CBT EXPLAINED WORKSHEET

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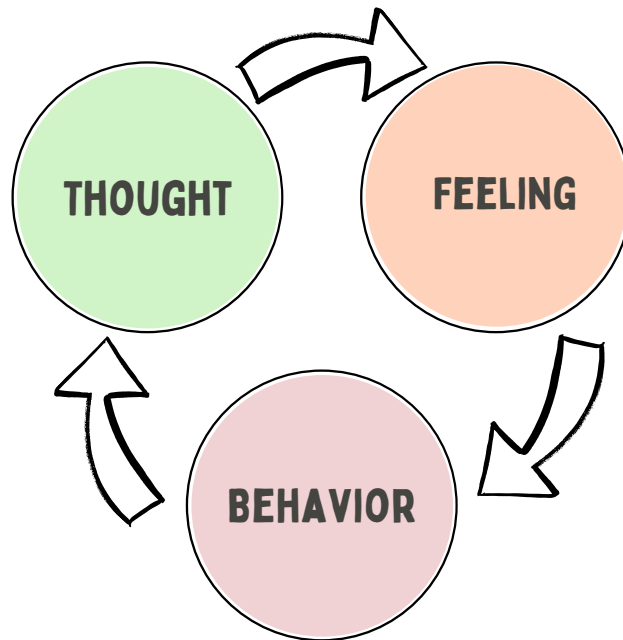
'CBT WORKS ON THE BASIS THAT THE WAY WE THINK AND INTERPRET LIFE'S EVENTS AFFECTS HOW WE BEHAVE AND, ULTIMATELY, HOW WE FEEL. STUDIES HAVE SHOWN THAT IT IS USEFUL IN MANY SITUATIONS. MORE SPECIFICALLY, CBT IS A PROBLEM-SPECIFIC, GOAL-ORIENTED APPROACH. IT FOCUSES ON THEIR PRESENT-DAY CHALLENGES, THOUGHTS,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

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# understanding yourself

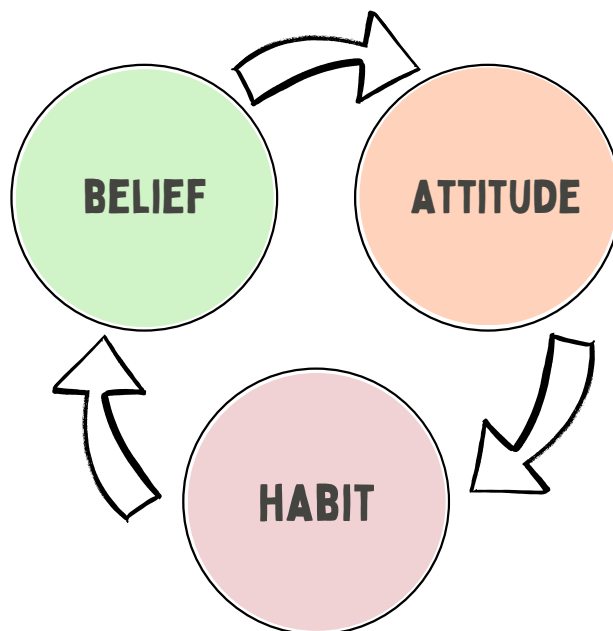
## HOW CBT INFLUENCES HOW WE SHOW UP

### COMPONENTS OF BEING



## UNDERSTANDING OUR PATTERNS

### COMPONENTS OF IDENTITY

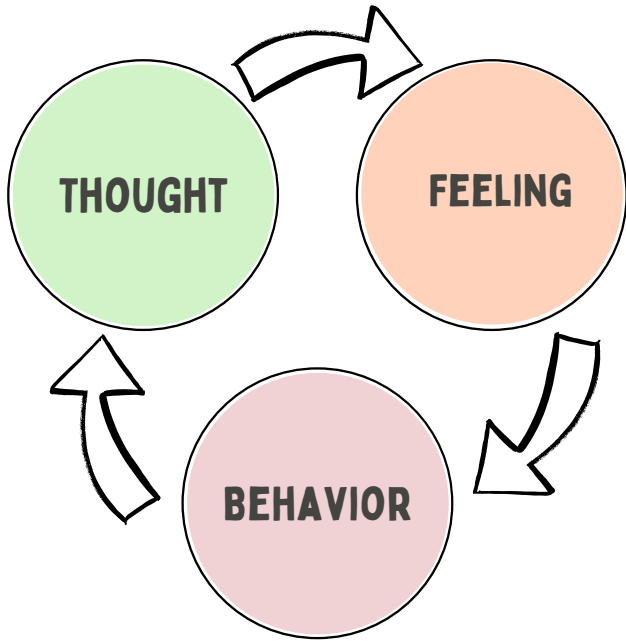


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# Understanding the relationship between thoughts, feeling, and behavior

## COMPONENTS OF BEING



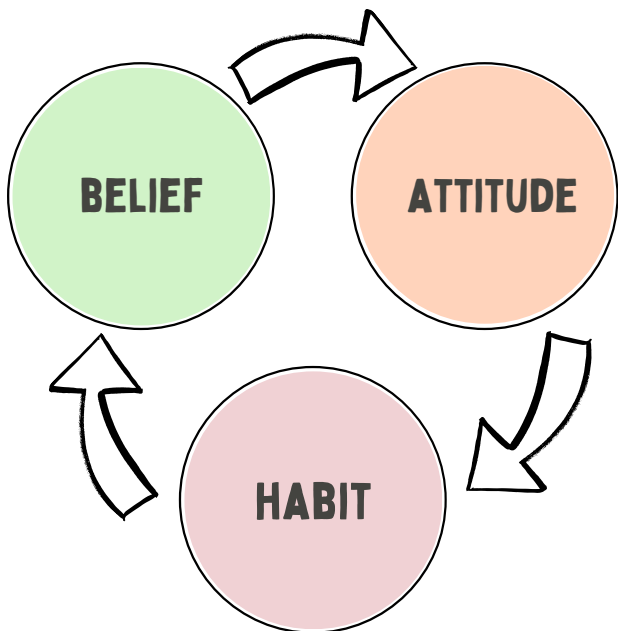
THOUGHT

FEELING

BEHAVIOR

## UNDERSTANDING OUR PATTERNS

## COMPONENTS OF IDENTITY



BELIEF

ATTITUDE

HABIT

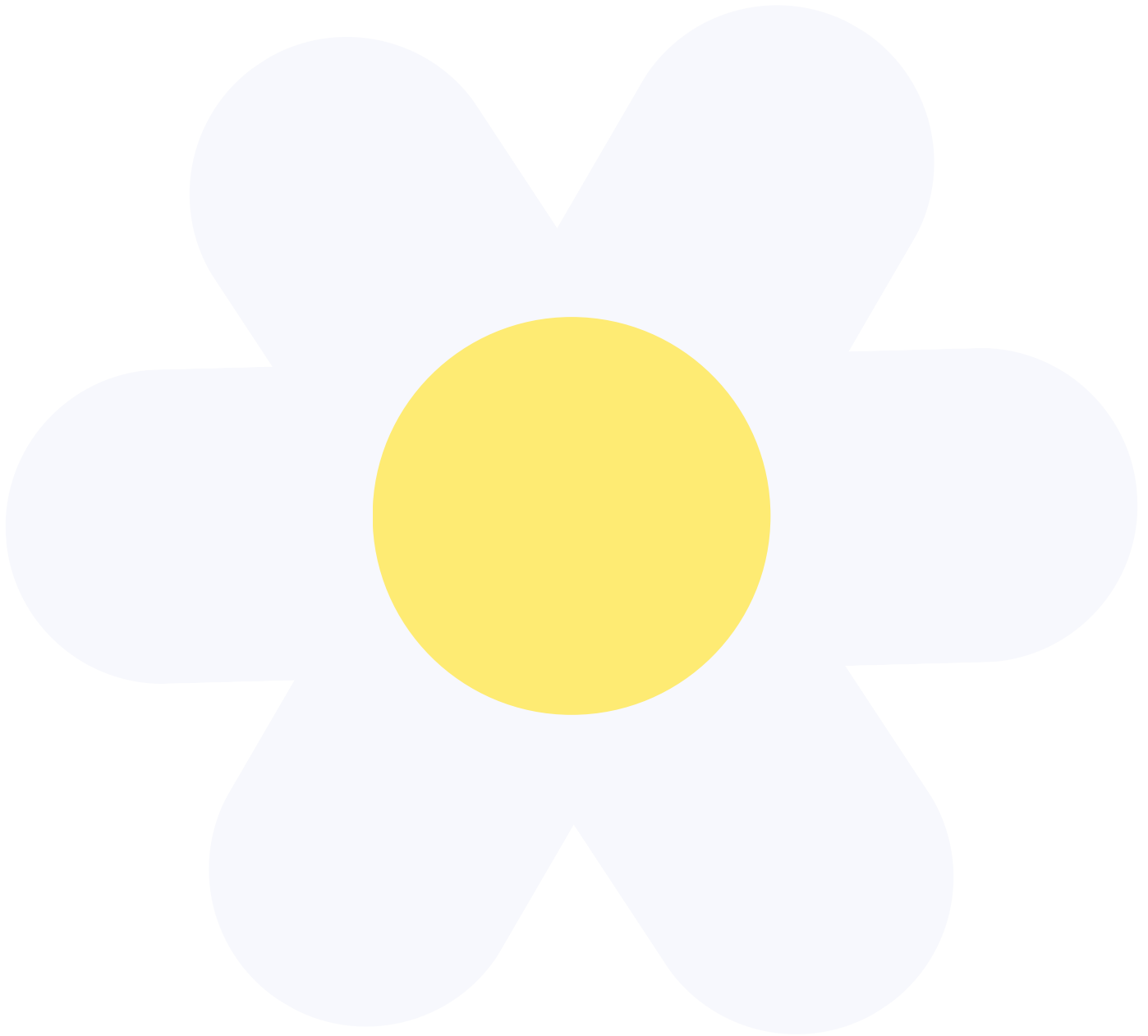
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# Self Talk

**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

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## REFLECTION WORKSHEET

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- **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 THEN 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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INSTEAD OF THINKING NEGATIVELY, WE CAN THINK POSITIVELY ABOUT IT.

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

**(EXAMPLE)**

**I WILL TRY  
MY BEST**

**ACHIEVEMENT  
IS A PROCESS**

**I CAN  
PERSEVERE**

**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,**

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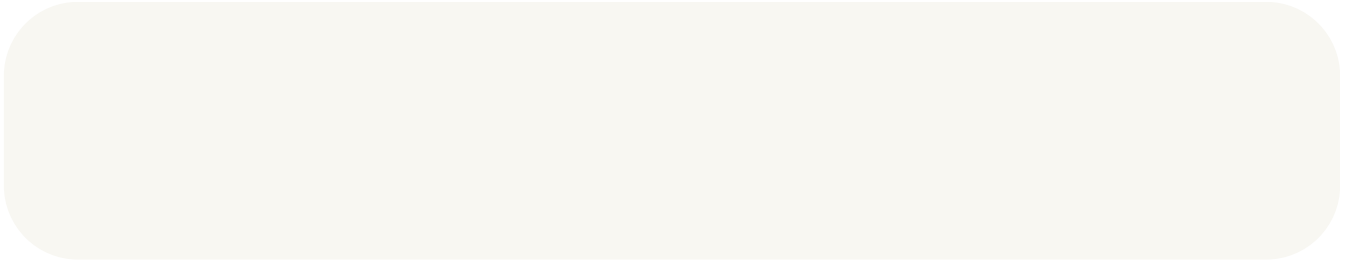
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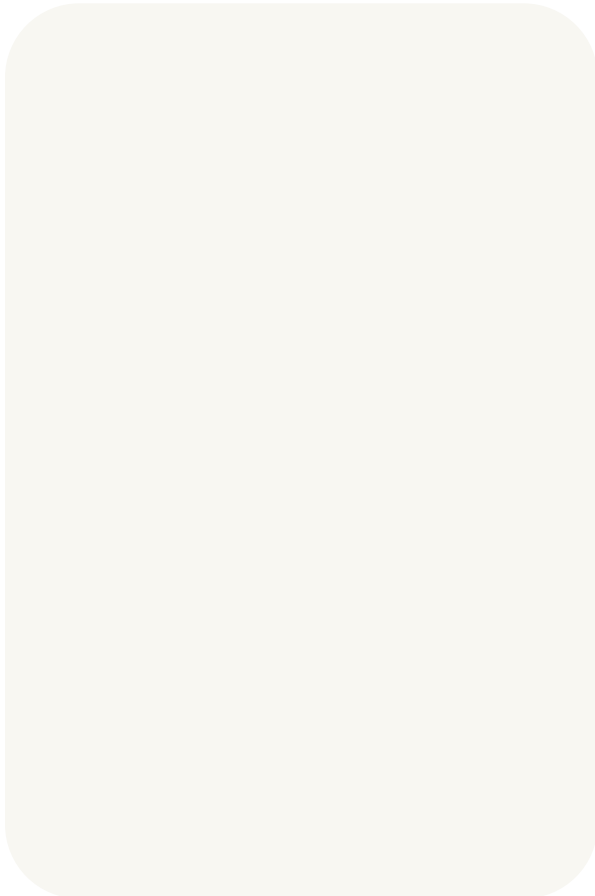
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# evidence log

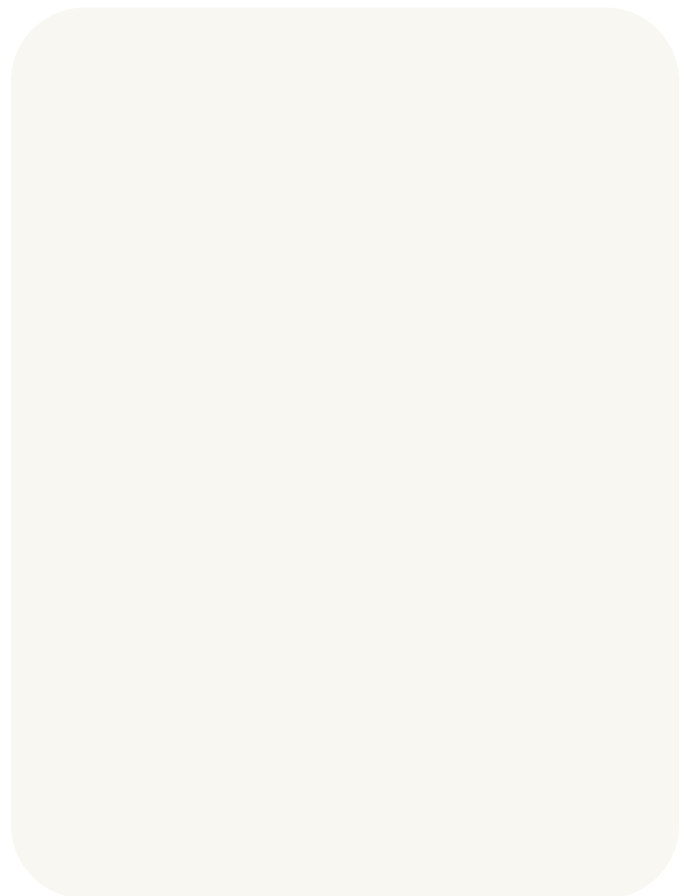
**THOUGHT:**



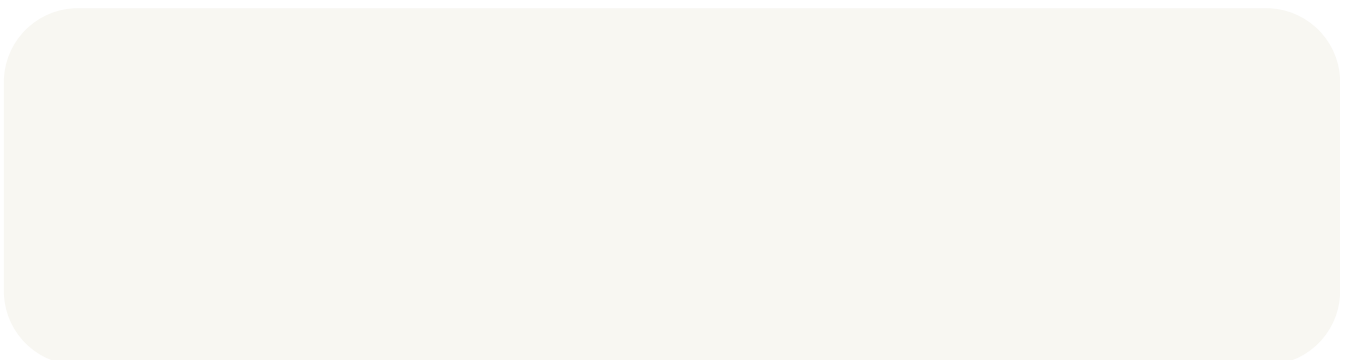
**EVIDENCE FOR MY THOUGHT:**



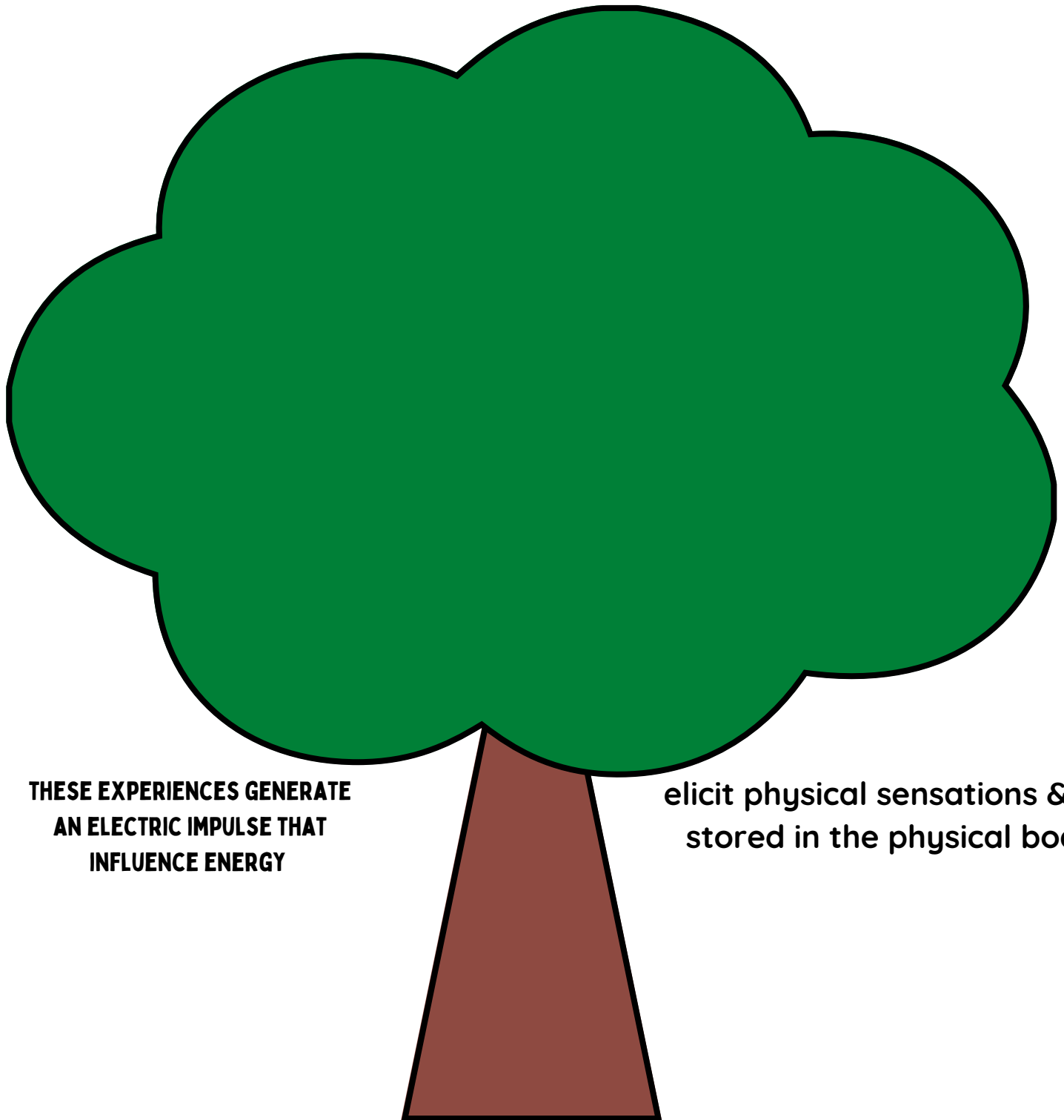
**EVIDENCE AGAINST MY THOUGHT:**



**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



**THESE EXPERIENCES GENERATE  
AN ELECTRIC IMPULSE THAT  
INFLUENCE ENERGY**

elicit physical sensations & get  
stored in the physical body

**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

BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF

# 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

BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF
BELIEF	BELIEF

# 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

## PRESENTING PROBLEM:

THE FEELINGS

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:

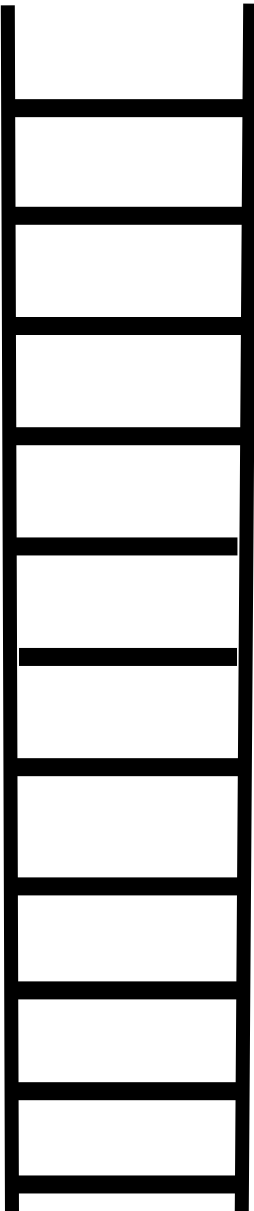
(THE GOOD THINGS IN MY LIFE THAT ARE A SOURCE OF STRENGTH)

# fear hierarchy

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

MY GOAL IS:

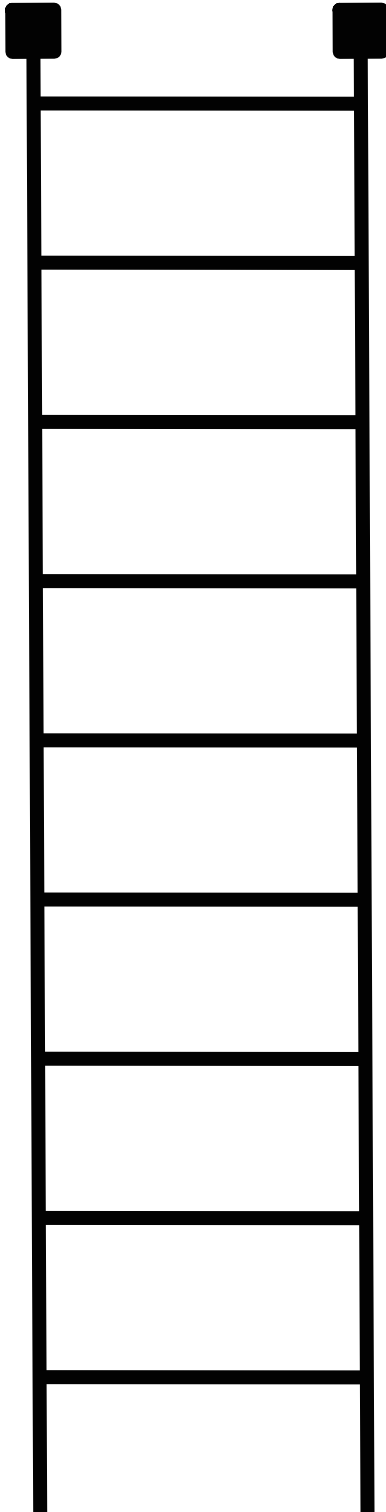
MY END REWARD IS:

STEPS TO SUCCESS	ANXIETY RATING SCALE		REWARD FOR SUCCESS
<input type="text"/>	<input type="text"/>		<input type="text"/>
<input type="text"/>	<input type="text"/>		<input type="text"/>
<input type="text"/>	<input type="text"/>		<input type="text"/>
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# 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

**ANXIETY RATING SCALE** ↑

100	
90	
80	
70	
60	
50	
40	
30	
20	
10	
0	

# 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

<b>RISK FACTORS</b>	<b>PROTECTIVE FACTORS</b>

# REFRAMING EXERCISE

	PERCEIVED WEAKNESS	NUANCE	STRENGTH

# 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

NEGATIVE       POSITIVE

NEGATIVE       POSITIVE

NEGATIVE       POSITIVE

NEGATIVE       POSITIVE

NEGATIVE       POSITIVE

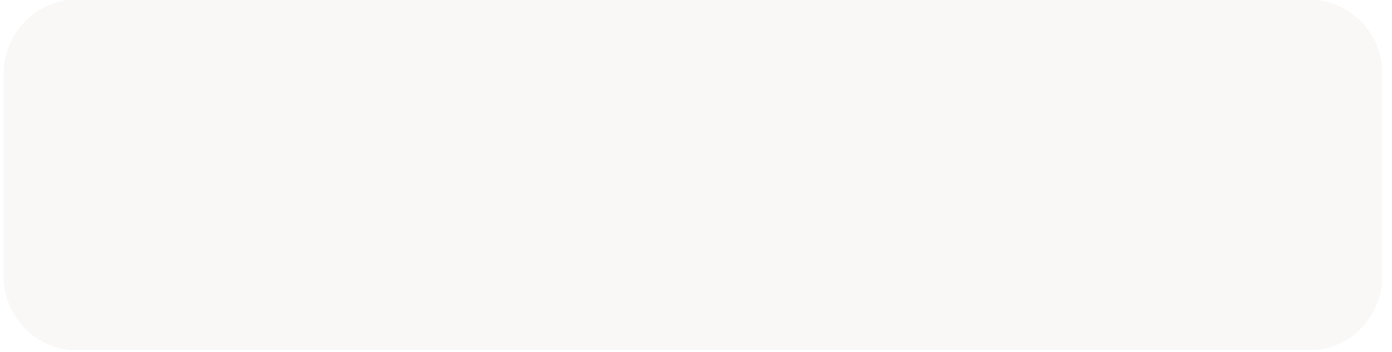
NEGATIVE       POSITIVE

NEGATIVE       POSITIVE

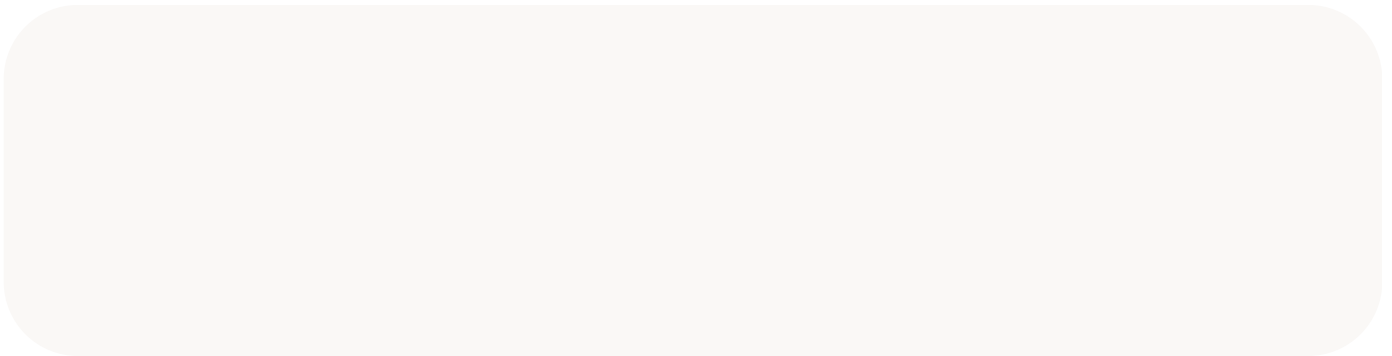


# Understanding your problems

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.

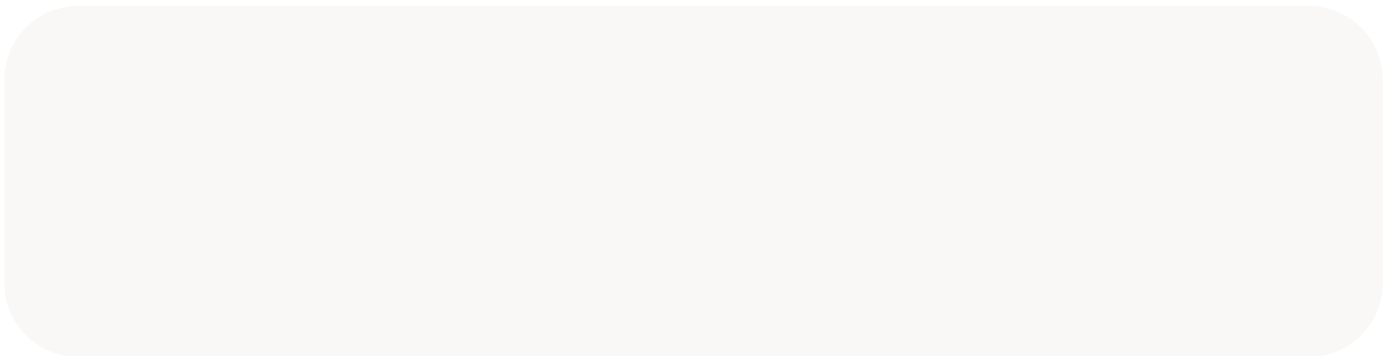


**SITUATION**



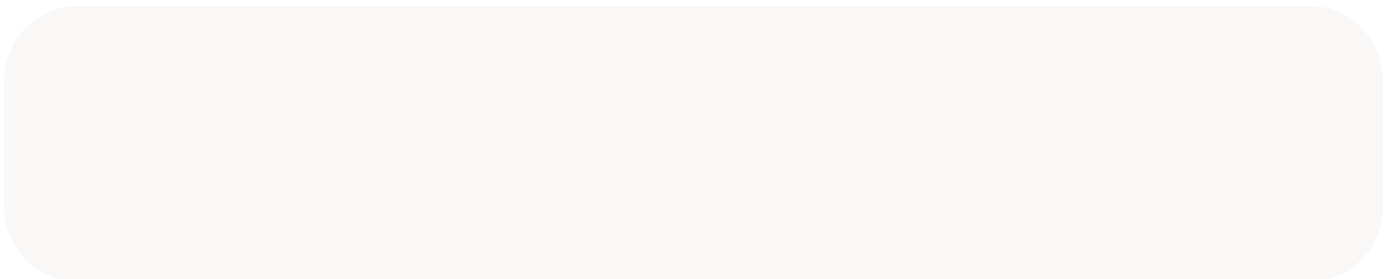
**FEELINGS**

**THOUGHTS**



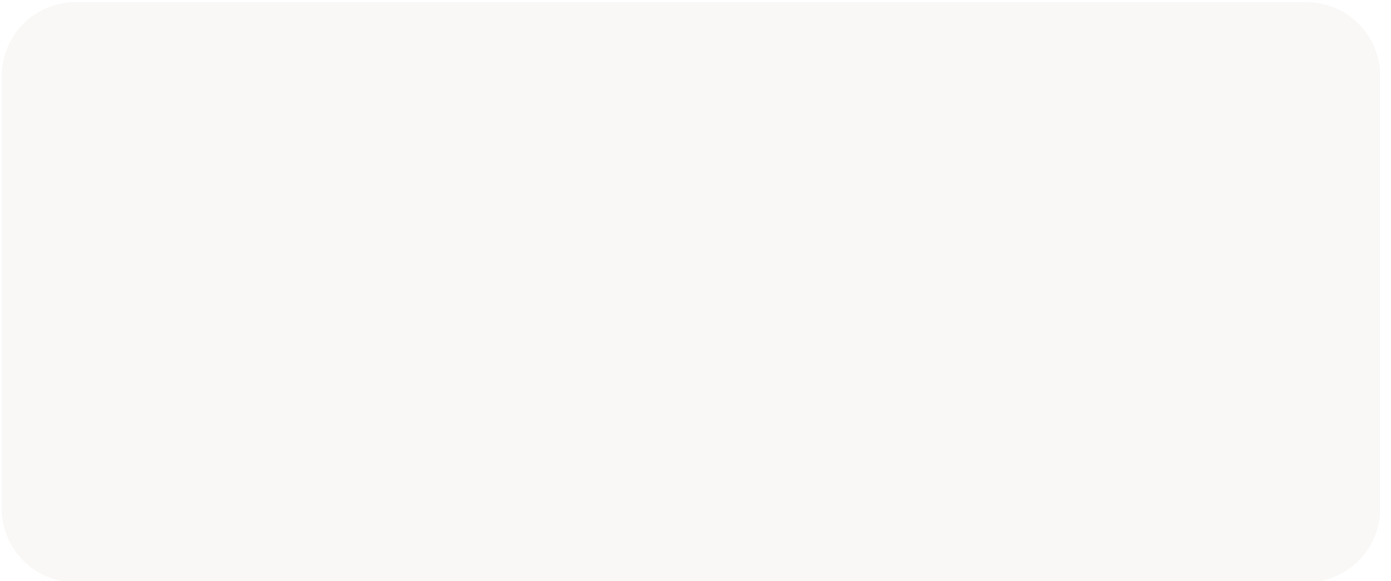
**PHYSICAL SYMPTOMS**

**BEHAVIORS**

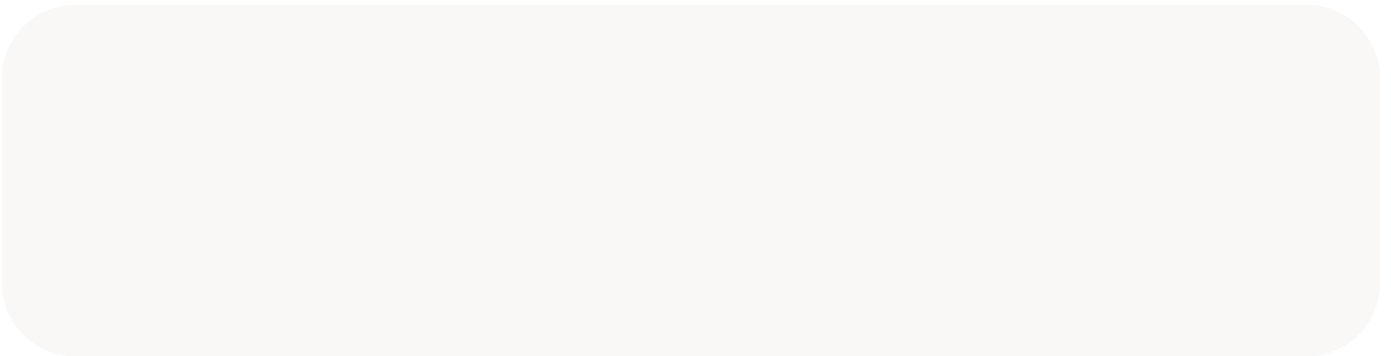


# process your thoughts

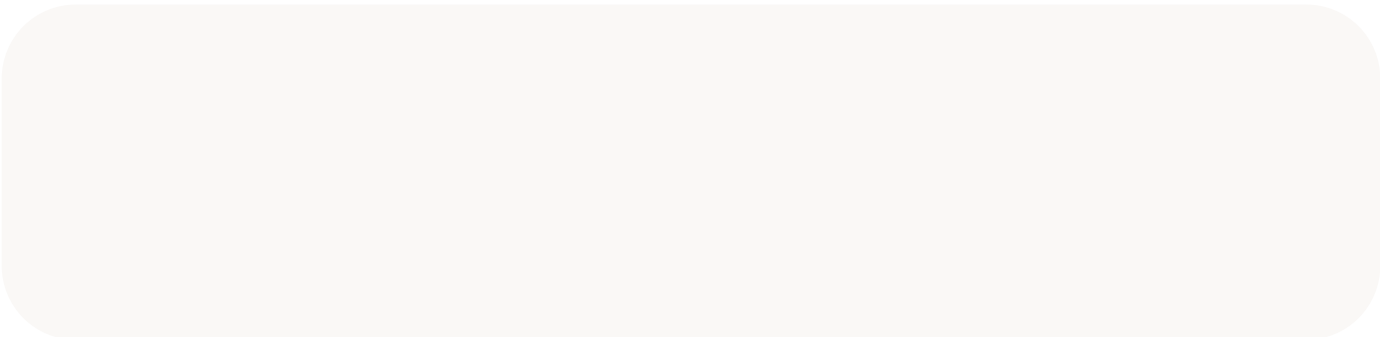
**OBSERVE YOUR STREAM OF CONSCIOUSNESS AS YOU THINK ABOUT A STRESSFUL SITUATION. DO NOT SUPPRESS ANY THOUGHTS. LET THEM RUN THEIR COURSE WHILE YOU WATCH THEM, AND WRITE THEM DOWN AS THEY OCCUR.**



**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.**



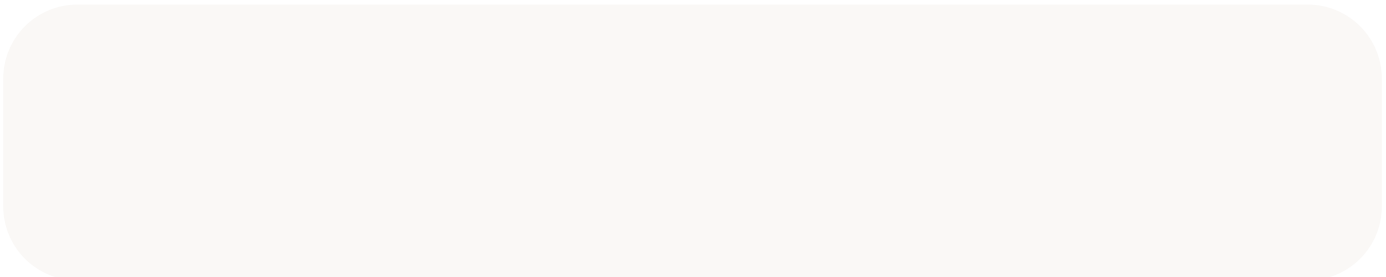
# Changing Your Thoughts

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

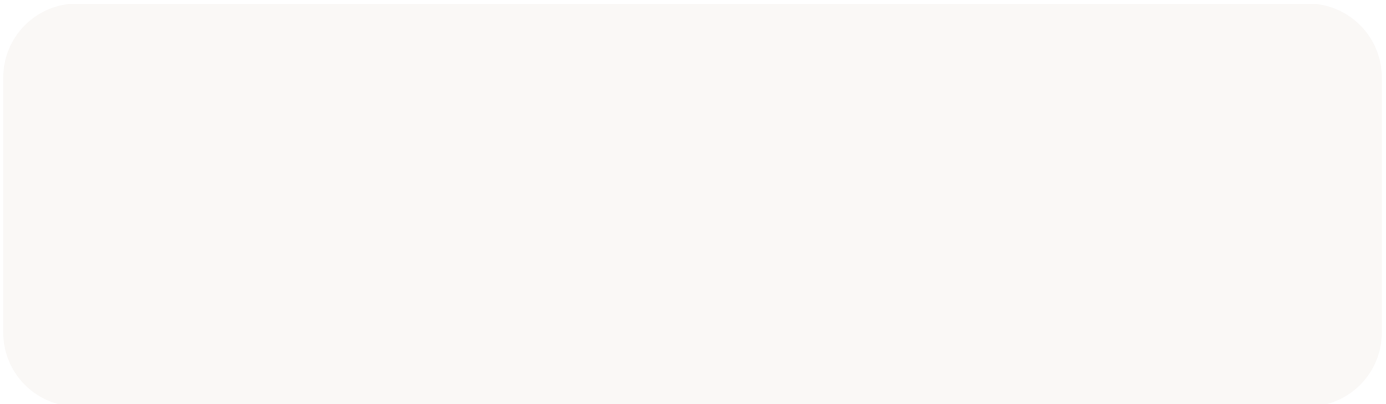


**DESCRIBE THE SITUATION THAT TRIGGERED YOUR NEGATIVE MOOD.**



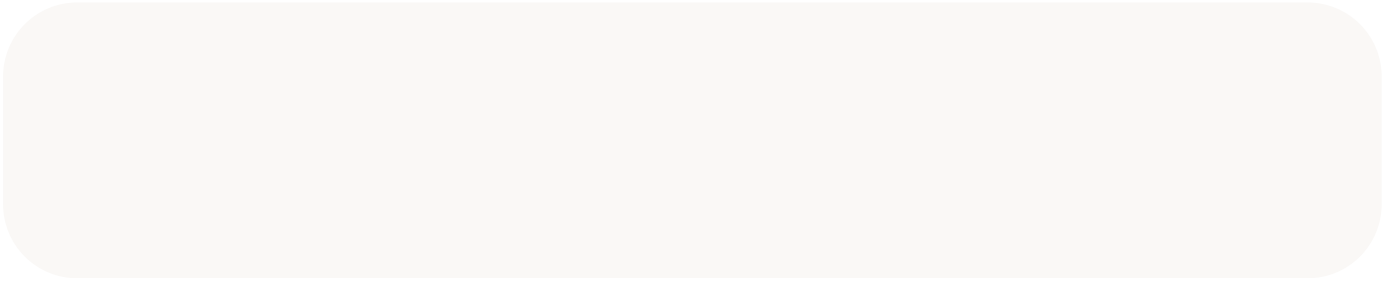
## STEP 2: IDENTIFY YOUR MOOD

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



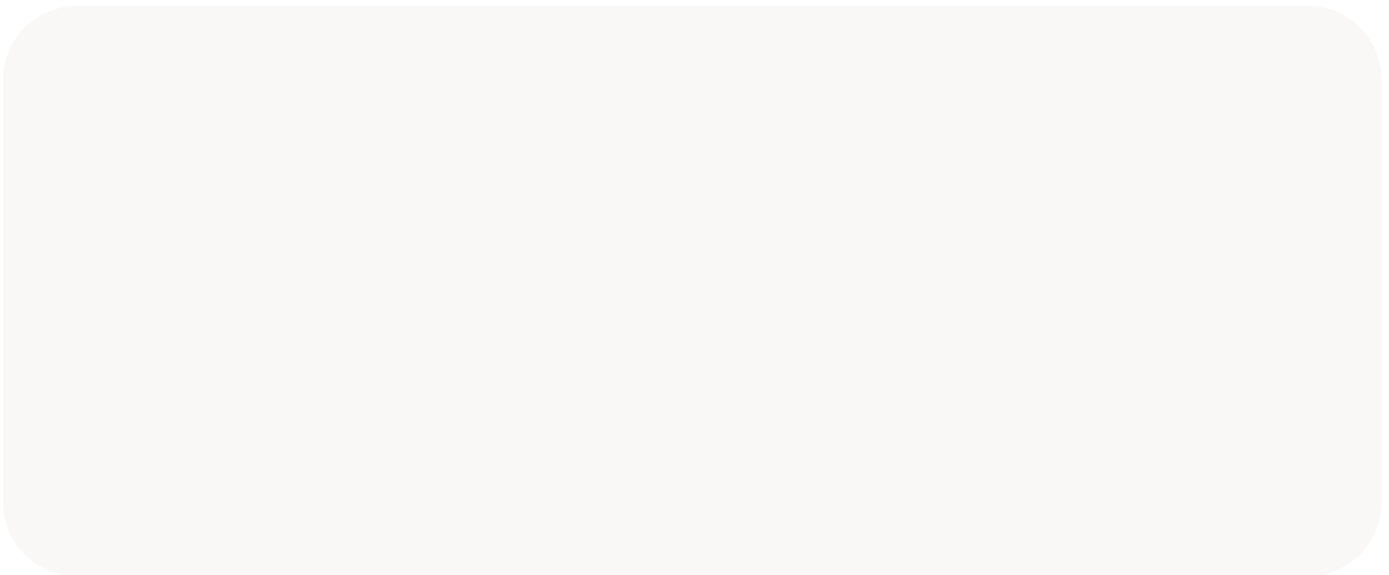
### **STEP 3: IDENTIFY AUTOMATIC THOUGHTS**

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



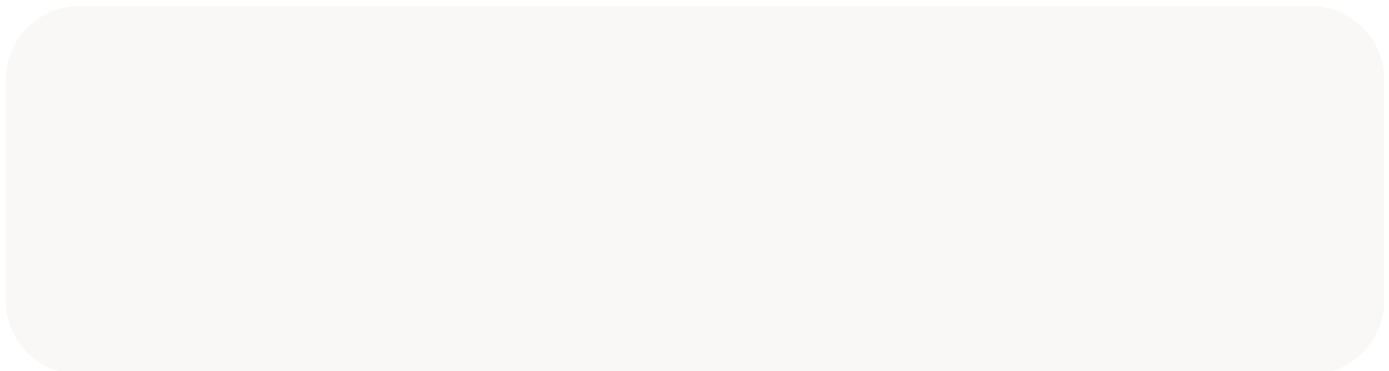
### **STEP 4: FIND OBJECTIVE EVIDENCE**

**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

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

## ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

## FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

## DECISION MAKING

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

## ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY



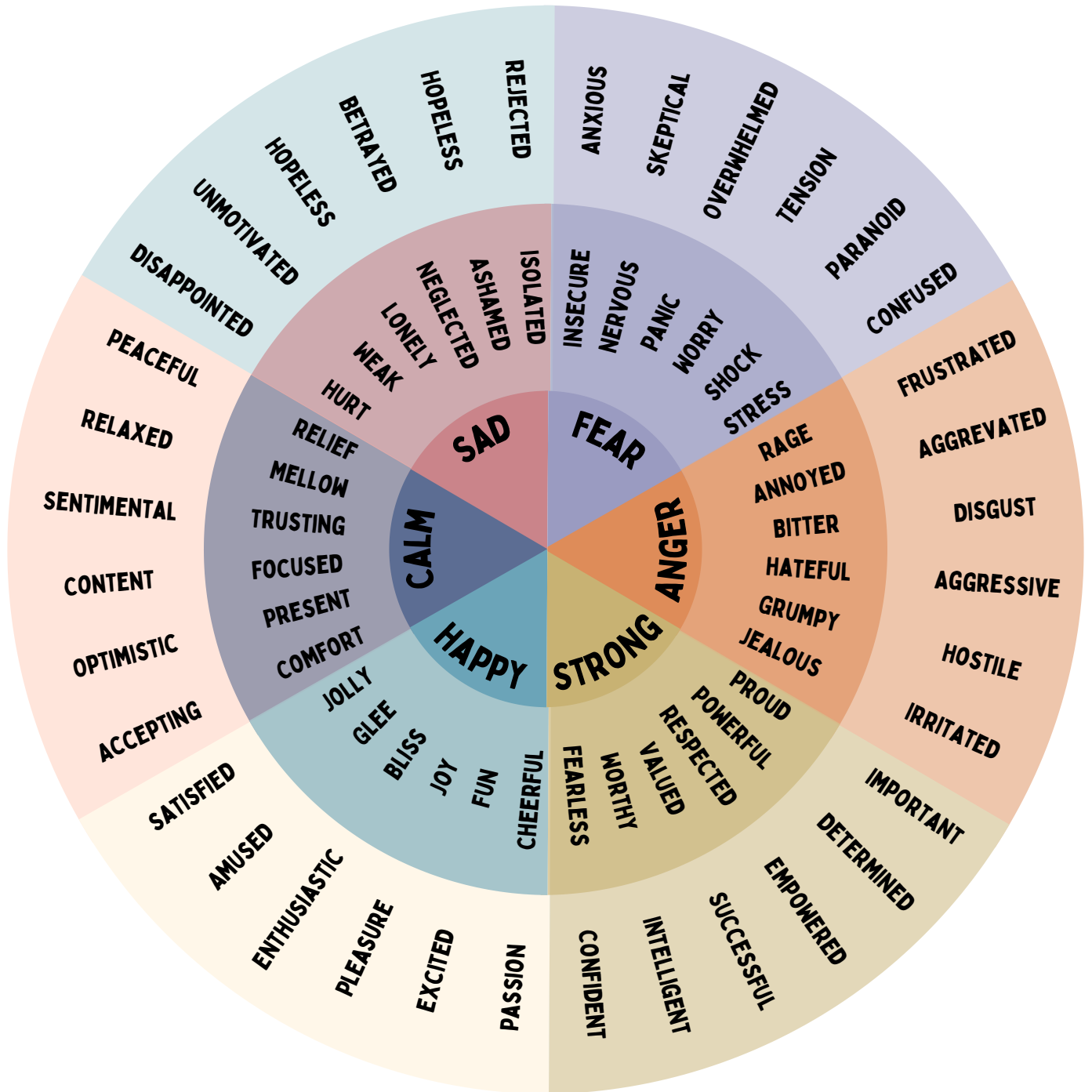
*"Always remember that for each patient you see you may be the only person in their life capable of both hearing and holding their pain. If that's not sacred, I don't know what is."*

*-Unknown*

# My reflective thoughts

A large, light green, cloud-like shape with a brown trunk, serving as a template for reflective thoughts. It contains ten horizontal lines for writing.

# 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

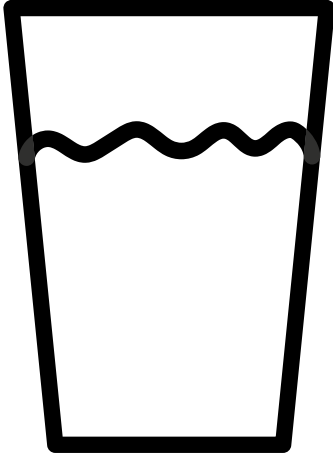
SOMETHING I DID WELL TODAY...  
TODAY I HAD FUN WHEN...  
I FELT PROUD WHEN...



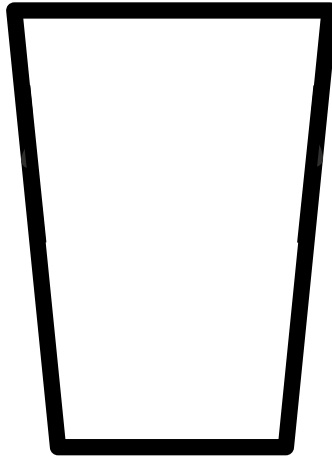
# Coping Worksheets

# my self care plan

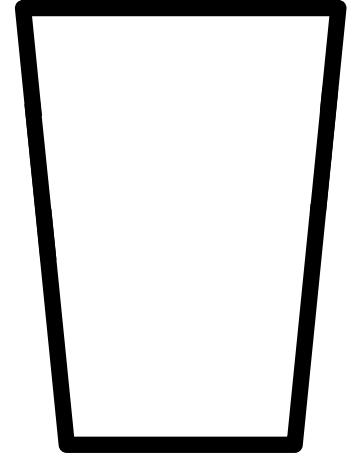
WHAT FILLS YOUR CUP?



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**

**WALKING**

**CYCLING**

**SWIMMING**

**HIKING**

**JOGGING**

**DANCING**

**JUMP ROPE**

**AEROBICS**

**PILATES**

**YOGA**

**WEIGHTLIFTING**

**CIRCUIT TRAINING**

**ROWING**

**TAI CHI**

**KICKBOXING**

**MARTIAL ARTS**

**(E.G., KARATE, TAEKWONDO)**

**ROCK CLIMBING**

**CROSSFIT**

**ZUMBA**

**BASKETBALL**

**SOCCER**

**TENNIS**

**FREE WEIGHTS**

**BUILDING SOMETHING**

**KAYAKING OR CANOEING**

**SKIING (ALPINE, CROSS-COUNTRY)**

**SNOWBOARDING**

**ICE SKATING**

**TRAMPOLINE JUMPING**

**JUMPING ON A TRAMPOLINE**

**JUMPING JACKS**

**BURPEES**

**SQUATS**

**LUNGES**

**PUSH-UPS**

**PULL-UPS OR CHIN-UPS**

**SIT-UPS OR CRUNCHES**

**PLANKS**

**BURPEES**

**MOUNTAIN CLIMBERS**

**CYCLING ON A STATIONARY BIKE**

**WATER AEROBICS**

**GOLF**

**FRISBEE**

**ROLLERBLADING OR INLINE SKATING**

**SKATEBOARDING**

**SURFING**

**BADMINTON**

**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: 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 SOME THING 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.**

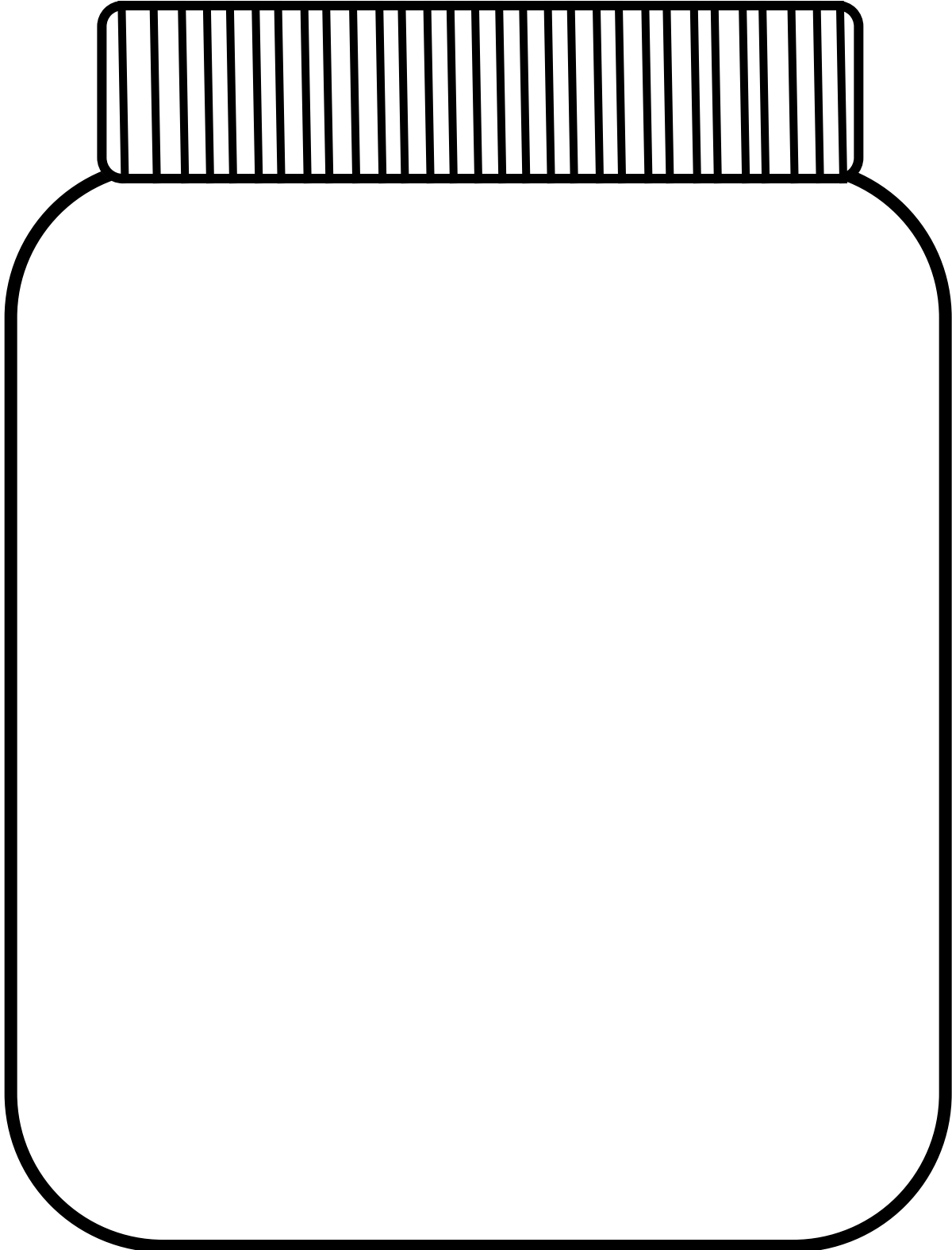
## **SELF REGULATION EXERCISES & COPING SKILLS**

- 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 HARDSHIPS, 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 AN 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**

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# 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\*

Gratitude Meditation Exercise

# MONTH OF GRATITUDE

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

1

**COMPLIMENT A  
COLLEAGUE**

2

**LEAVE A KIND  
NOTE ON  
SOMEONE'S  
DESK**

3

**ACTION A  
FAVOURITE ON  
THE STAFF  
PROFILE**

4

**WRITE POSITIVE  
AFFIRMATIONS  
FOR SOMEONE**

5

**BUY SOMEONE  
THEIR  
FAVOURITE  
DRINK**

6

**CONTRIBUTE TO  
COLLECTION FOR  
A SCHOOL  
FAMILY IN NEED**

7

**BRING LUNCH  
FOR A FRIEND**

8

**GET TO KNOW A  
NEW FACE  
BETTER**

9

**WRITE A THANK  
YOU NOTE TO A  
COLLEAGUE**

10

**OFFER TO  
COVER  
SOMEONE'S  
DUTY**

11

**CELEBRATE A  
COLLEAGUE'S  
ACHIEVEMENTS**

12

**CONTRIBUTE TO  
THE GRATITUDE  
JAR**

13

**ATTEND THE  
FRIDAY  
MORNING DANCE  
OFF**

14

**SELF-CARE:  
PRIORITISE  
YOURSELF**

15

**SEND OUT A  
STAFF SHOUT  
OUT**

16

**ASK ABOUT  
SOMEONE'S  
FAMILY**

17

**ENJOY A PICNIC  
WITH YOUR TEAM**

18

**SHARE A FUNNY  
ANECDOTE WITH  
A FRIEND**

19

**SPEND LUNCH  
WITH SOMEONE  
NEW**

20

**SHARE A MEME  
WITH A  
COLLEAGUE**



# GRATITUDE

/ /

TODAY I`M GRATEFUL FOR

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**SELF REGULATION IDEAS FOR \_\_\_\_\_**  
*Before I explode, I will*

**CIRCLE SOME IDEAS YOU WILL  
TRY.**


**WHAT HELPED YOU CALM DOWN TODAY?** \_\_\_\_\_

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# Anxiety Triggers

## IDENTIFICATION WORKSHEET

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CIRCLE WHAT APPLIES. LIST ANY ADDITIONAL STRESS/ANXIETY TRIGGERS

<b>AN UNEXPECTED EXPENSE</b>	_____
<b>UNEMPLOYMENT</b>	_____
<b>INSTABILITY WITH WORK HOURS</b>	_____
<b>COVID-19 RELATED FINANCIAL STRESSORS</b>	_____
<b>ILLNESS RELATED STRESSORS</b>	_____
<b>BREAKUP/DIVORCE</b>	_____
<b>RELATIONSHIP CONFLICT</b>	_____
<b>STRESSORS RELATED TO CHILD SUPPORT &amp;/OR ALIMONY</b>	_____
<b>VOLATILE INVESTMENTS</b>	_____
<b>COWORKER CONFLICT</b>	_____
<b>INSECURITY WITH JOB POSITION</b>	_____
<b>STRESSORS RELATED TO AN INHERITANCE/ESTATE MATTER</b>	_____
<b>COST OF LIVING</b>	_____
<b>FRAUD/IDENTITY THEFT</b>	_____
<b>ASSET DEPRECIATION</b>	_____
<b>EMPLOYER CONFLICT</b>	_____
<b>LOSS OF BENEFITS</b>	_____
<b>LACK OF RESOURCES</b>	_____
<b>LACK OF ACCESS TO RESOURCES</b>	_____
<b>LACK OF FINANCIAL AUTONOMY</b>	_____
<b>GAMBLING ISSUES</b>	_____
<b>DEBT</b>	_____

# 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**

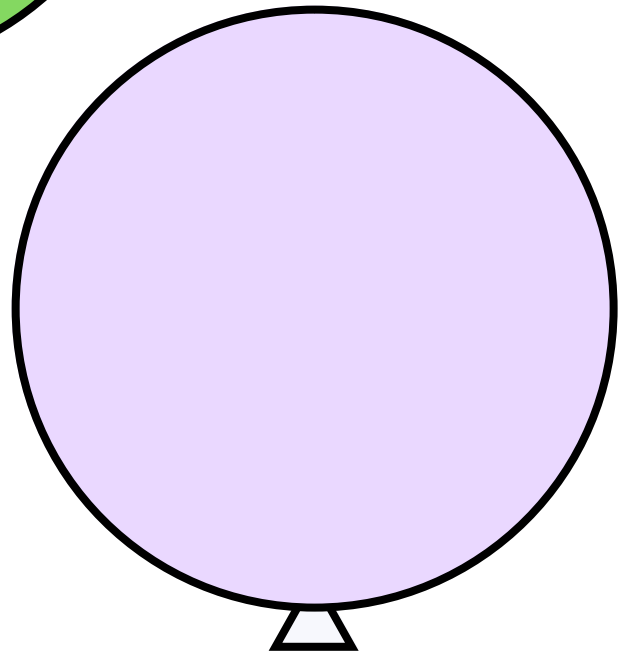
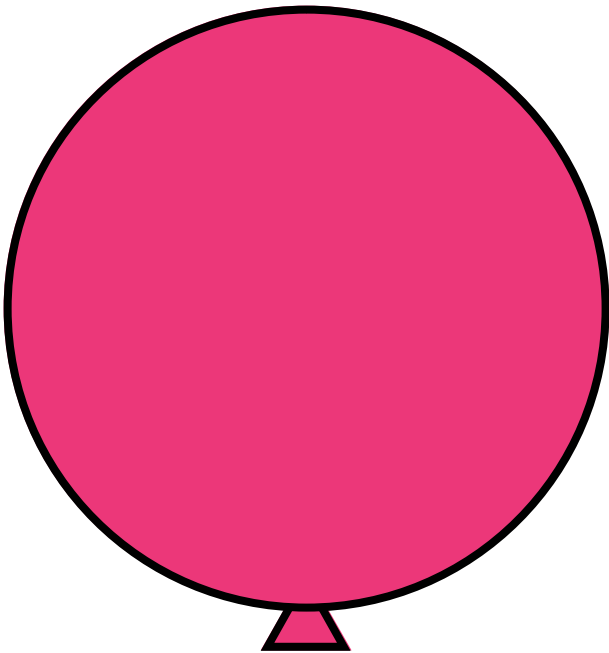
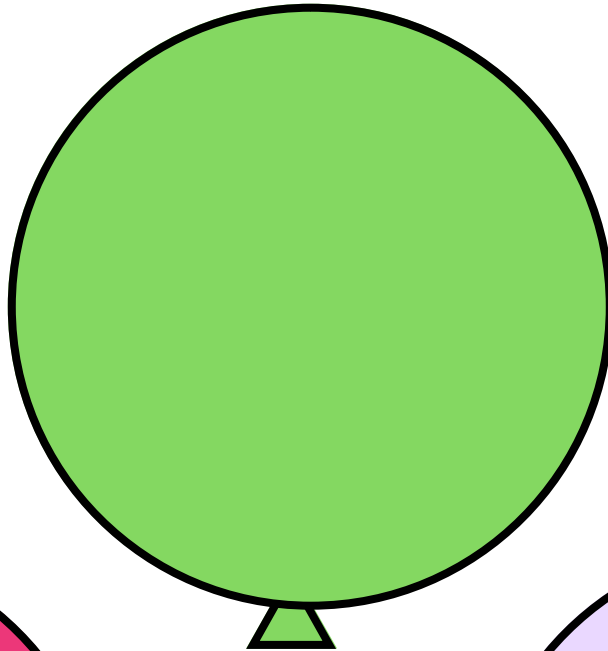
**T**

**I ALWAYS TRY MY BEST**

# LET IT GO!

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**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:**

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**DESCRIBE WHAT YOU LOVE ABOUT YOURSELF:**

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**DESCRIBE WHAT YOU ARE EXCITED ABOUT:**

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# 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.

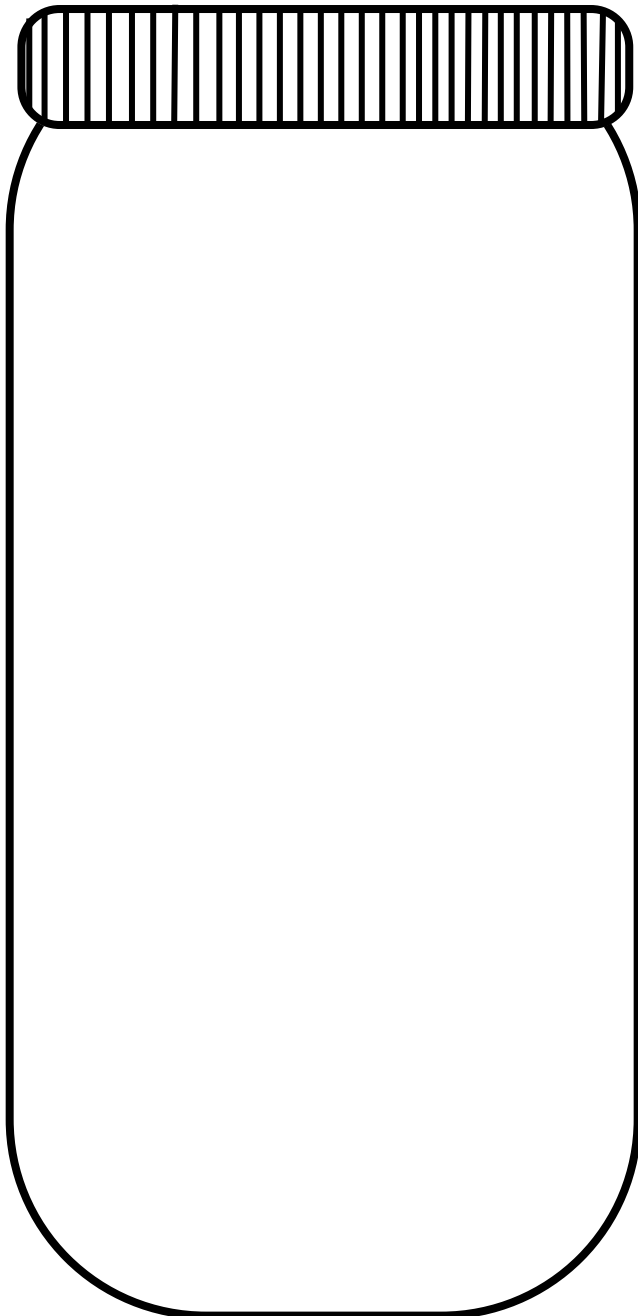
**WRITE WHATEVER COMES TO YOUR MIND....**



# 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?



# Know Thy Self

## SOUL CARE

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**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

- .....
- .....
- .....

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### 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

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CIRCLE WHAT APPLIES. LIST ANY ADDITIONAL STRESS/ANXIETY TRIGGERS

**TAKE DEEP BREATHS**

**WATCH SOMETHING FUNNY**

**TAKE A QUICK WALK**

**DO A YOGA VIDEO ON YOUTUBE**

**STAND UP AND STRETCH**

**LISTEN TO A PODCAST**

**TAKE A TIME OUT**

**SLOWLY COUNT TO 50**

**USE POSITIVE SELF-TALK**

**JOURNAL**

**TALK TO A FRIEND**

**CLOSE YOUR EYES**

**SAY, "I CAN DO THIS"**

**VISUALIZE YOUR**

**FAVORITE PLACE**

**THINK OF A HAPPY MEMORY**

**THINK OF A PET YOU LOVE**

**GET ENOUGH SLEEP**

**CLEAN SOMETHING**

**MEDITATE**

**USE A STRESS BALL**

**DANCE**

**WRITE A LETTER**

**MAKE A GRATITUDE LIST**

**GO ON TIKTOK**

**LIST YOUR POSITIVE QUALITIES**

**DO SOMETHING KIND**

**GIVE SOMEONE A HUG**

**GO FOR A LONG DRIVE**

**TAKE UP A NEW HOBBY**

**LOOK UP RECIPES ON PINTEREST**

**COOK A MEAL**

**PRAY**

**LET YOURSELF CRY**

**HAVE AN EARLY NIGHT**

**JOIN A SELF-HELP GROUP**

**CREATE A WEBSITE**

**GO TO A BEACH**

**VISIT A LIBRARY**

**SUDOKU OR CROSSWORDS**

**DONATE OLD CLOTHES**

**WATCH YOUR FAV MOVIE**

**WRITE A POEM**

**SIT IN THE SUN**

**LISTEN TO UPLIFTING SONGS**

**GO THROUGH OLD PHOTOS**

**GO FOR A RUN**

**LEARN PHRASES IN OTHER LANGUAGES**

**CREATE OR BUILD SOMETHING**

# 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  
CURIOUS DISPOSITION  
SEPERATING 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

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## IDENTIFICATION WORKSHEET

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

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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

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## 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

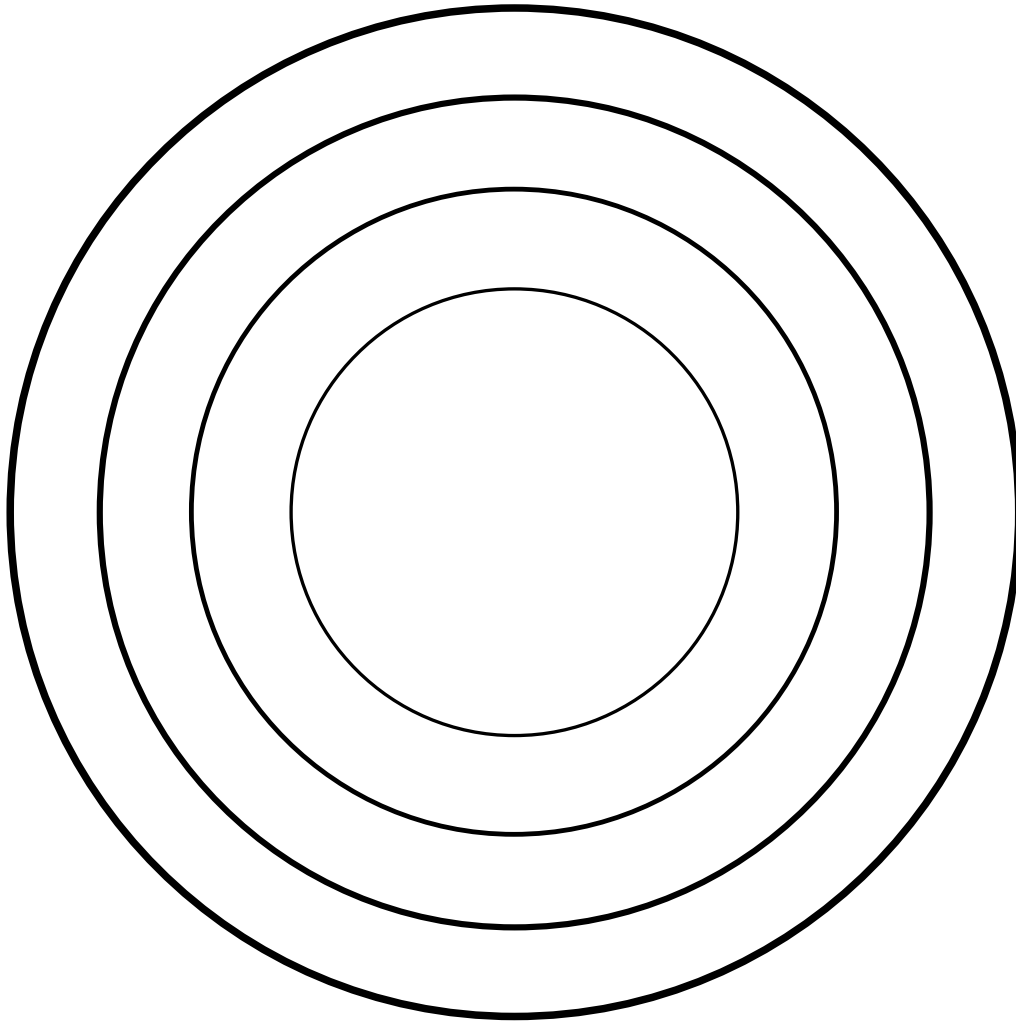
INCREASED HEART RATE  
FATIGUE  
SHORTNESS OF BREATH  
NEED TO GO TO THE BATHROOM  
CHEST PAIN OR PRESSURE  
CHOKING SENSATION  
RINGING IN EARS  
DIZZINESS, LIGHTHEADEDNESS  
SWEATING, HOT FLASHES, CHILLS  
NAUSEA, UPSET STOMACH, DIARRHEA  
TREMBLING, SHAKING  
WEAKNESS, UNSTEADINESS,  
FAINTNESS  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

TODAY I FELT:

DATE: \_\_\_\_\_

TODAY I FELT:

DATE: \_\_\_\_\_

TODAY I FELT:

DATE: \_\_\_\_\_

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: \_\_\_\_\_

TODAY I FELT:

DATE: \_\_\_\_\_

TODAY I FELT:

DATE: \_\_\_\_\_

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

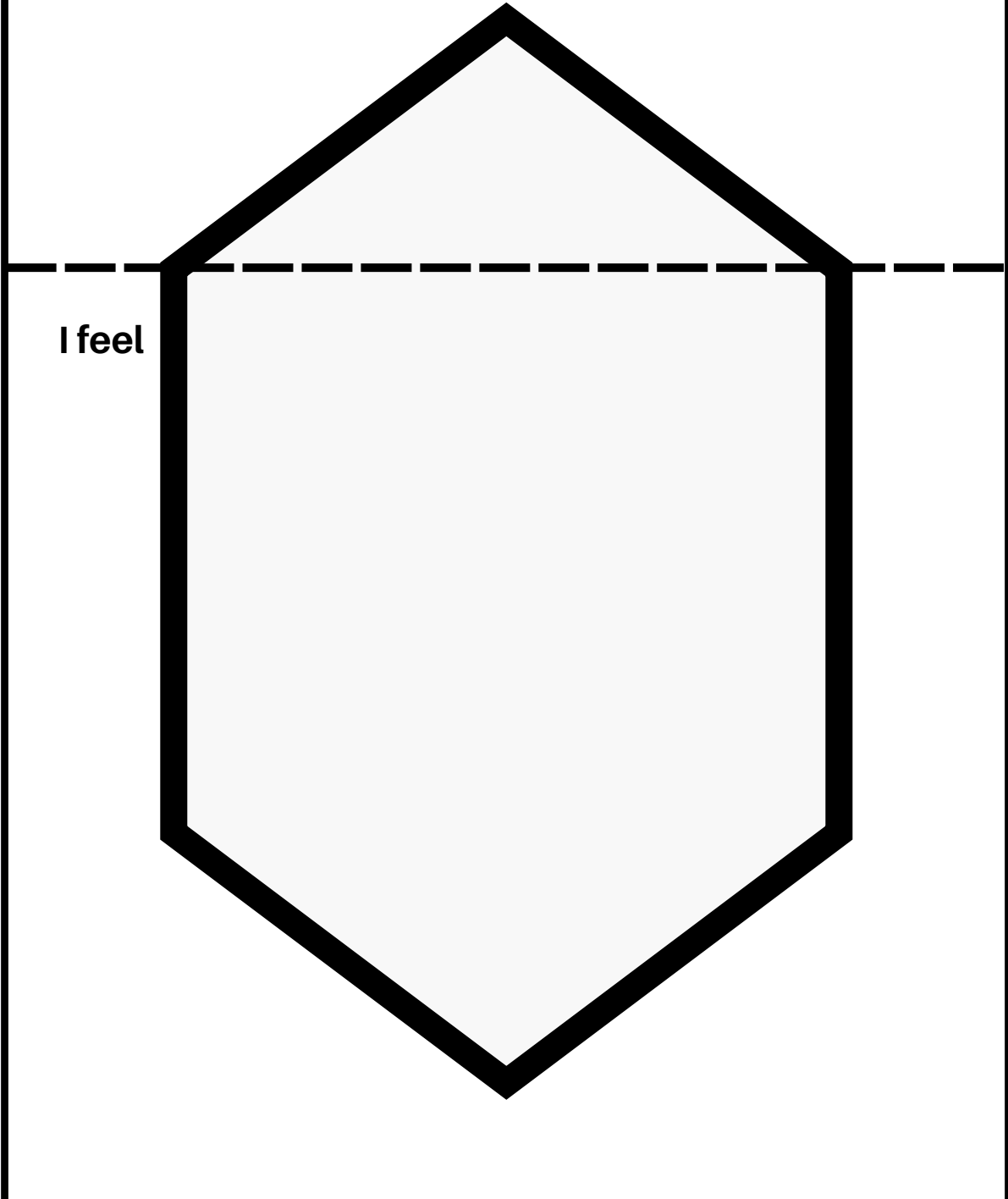
# ANGER ICEBERG

## EXPLORING BELOW THE SURFACE

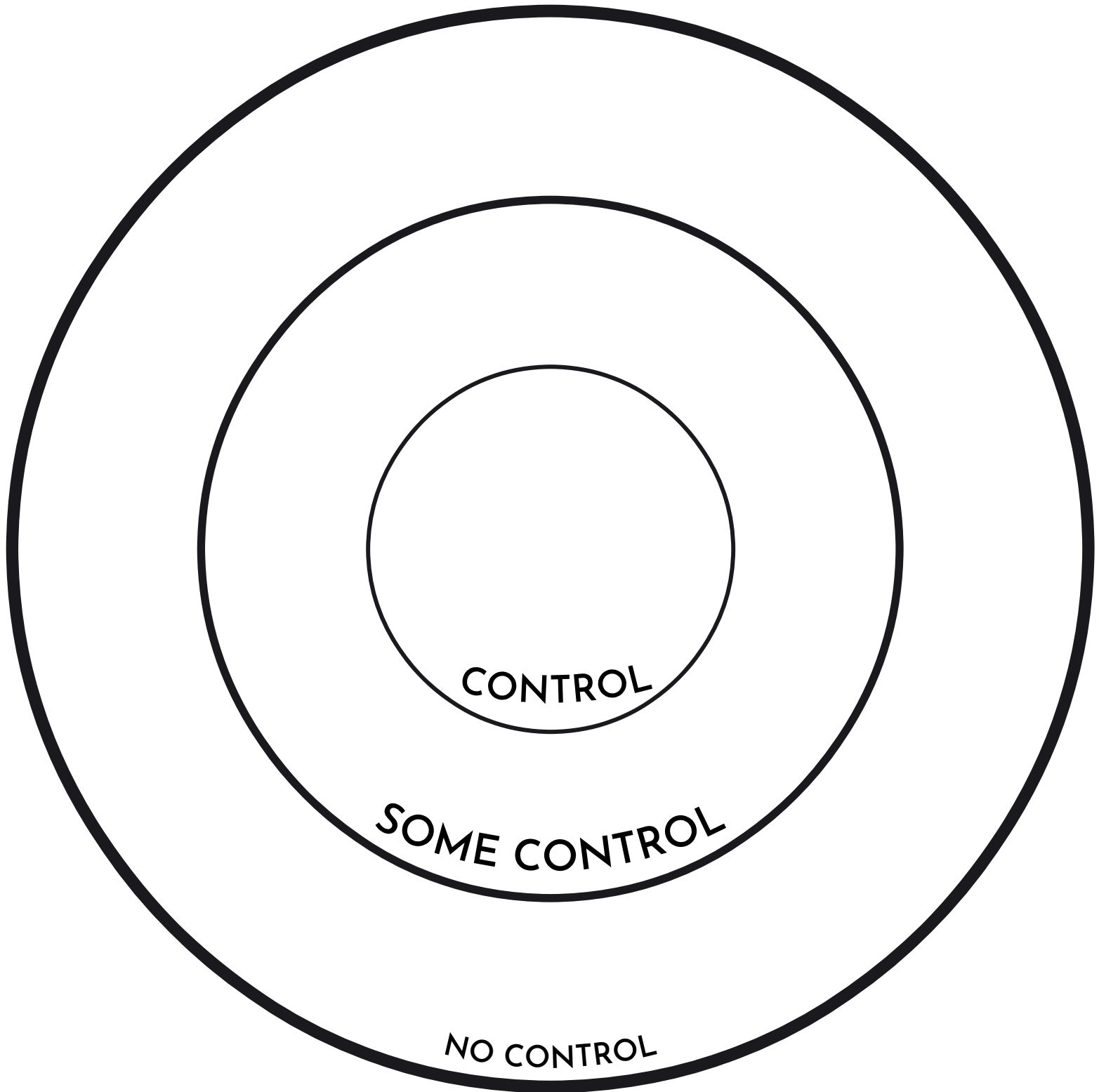
WHEN I FEEL ANGRY...

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:

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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

<b>CHAOS</b>	<b>ORDER</b>

# EMOTIONAL THERMOMETER PHYSIOLOGICAL INTENSITY

The graphic consists of a vertical thermometer-like scale on the left and a series of horizontal lines on the right. The scale is a vertical oval with a rounded top and a circular base. Along the left edge of the oval are 20 colored circles, each corresponding to a horizontal line. The colors, from top to bottom, are: dark red, red, orange-red, red, light red, orange, light orange, orange, yellow-orange, yellow, green-yellow, green, light green, lime green, light blue, medium blue, and sky blue. To the right of the scale are 20 horizontal black lines, each aligned with one of the colored circles. The lines are slightly curved, following the shape of the thermometer's body.

# WELLNESS ACTIVITIES

## IDENTIFICATION WORKSHEET

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WRITE DOWN ACTIVITIES THAT WOULD IMPROVE WORK/LIFE BALANCE

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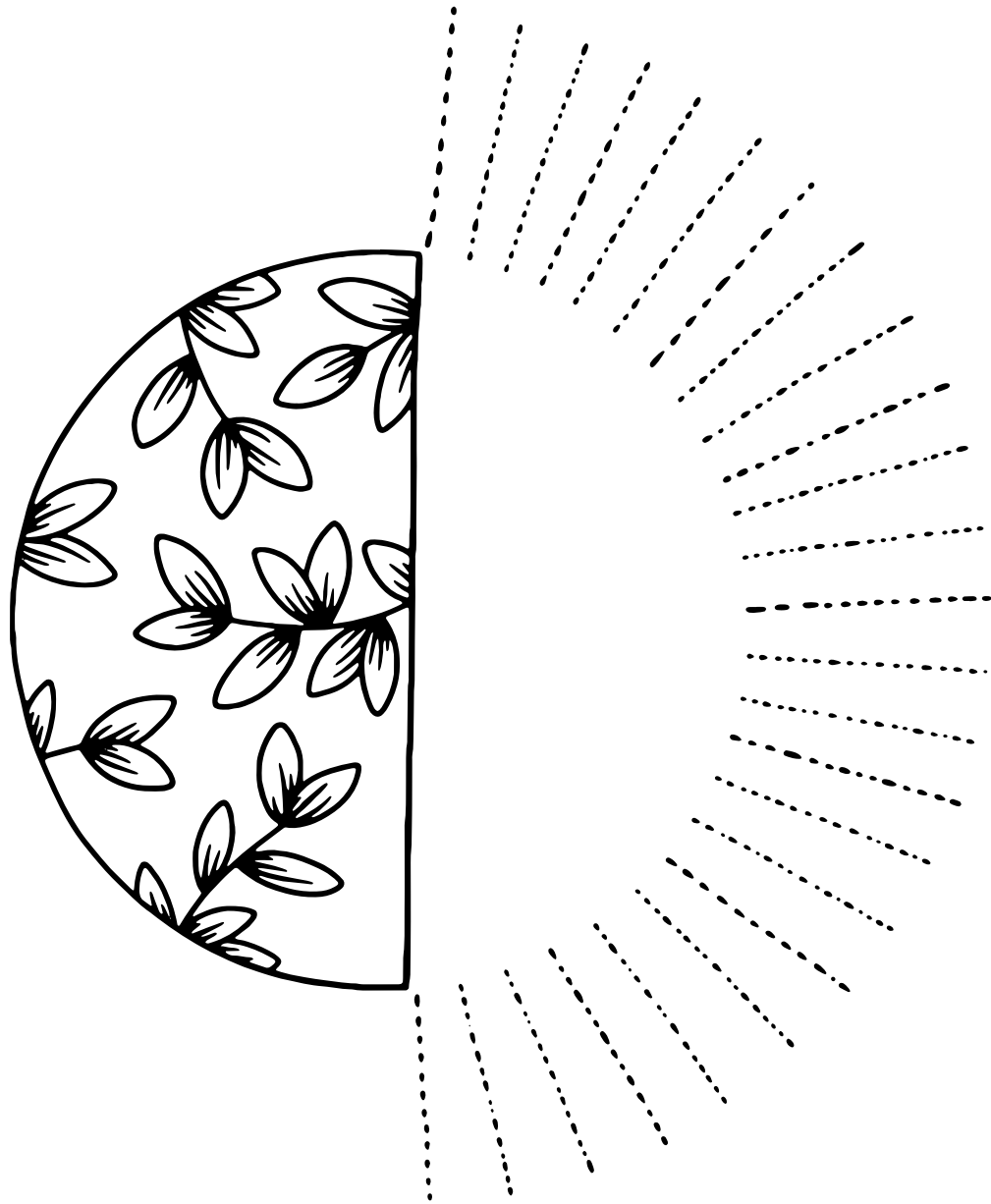
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"The good life is a process,  
not a state of being. It is a  
direction, not a destination."



-Carl Rogers



# Factors of Health & Quality of Life

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

BREATHING/RESPIRATORY FUNCTIONING  
NUTRITION  
HORMONE FUNCTIONING  
MEDICATION(S)  
THYROID FUNCTIONING  
VITAMIN LEVELS/DEFICIENCIES  
NEUROCHEMICAL FUNCTIONING  
EXERCISE LEVEL  
FAMILY MEDICAL HISTORY/GENETICS  
CHRONIC PAIN  
INFLAMMATION  
STRESS LEVEL  
STRESS RESPONSE  
RECREATIONAL SUBSTANCE USE  
ADDICTION  
BRAIN TRAUMA  
DEVELOPMENTAL TRAUMA  
DIGESTIVE FUNCTIONING/ ISSUES  
WATER INTAKE  
COGNITIVE FUNCTIONING  
IMMUNE SYSTEM  
SEXUAL DYSFUNCTION  
DIABETES  
CARDIOVASCULAR ISSUES  
VIRAL INFECTIONS  
PHYSICAL ACTIVITY  
METABOLIC FUNCTIONING  
UNHEALTHY LIFESTYLE HABITS  
(CIGARETTE, VAPING, ETC)  
OBESITY  
CHRONIC MEDICAL CONDITION  
ACUTE MEDICAL CONDITION  
NEUROLOGICAL FUNCTIONING  
HYGIENE FUNCTIONING  
SENSORY PROCESSING ABILITY  
RELAXATION  
POOR ORAL HYGIENE  
MISC. SOMATIC EXPERIENCES  
GUT-BRAIN CONNECTION  
HUMAN CONNECTION

ENVIRONMENTAL TOXINS  
POLLUTION LEVELS  
AIR QUALITY  
CLIMATE  
TEMPERATURE OF ENVIRONMENT  
LIGHTING  
MOLD EXPOSURE  
TIME OUTDOORS  
UNHYGIENIC ENVIRONMENT  
FINANCIAL HARDSHIP  
POVERTY  
SAFETY  
EDUCATION  
SLEEP APNEA  
BACTERIAL INFECTION  
TRAUMA  
BLOOD FLOW/CIRCULATION  
ALLERGIES  
BLOOD SUGAR LEVELS  
MOBILITY  
DIVERSITY OF GUT MICROBIOME  
BELIEFS  
CHILDHOOD EXPERIENCES  
PEER INFLUENCE  
EDUCATION LEVEL  
SOCIAL SKILLS  
EMOTIONAL VOCABULARY  
CULTURAL NORMS  
FAMILY NORMS  
EXPECTATIONS  
BOUNDARIES  
FLEXIBILITY/ADAPTABILITY  
COGNITIVE DISTORTIONS  
ROLES  
VALUES  
RELATIONAL ISSUES  
DEMANDS VS RESOURCES  
FAITH/SPIRITUALITY  
ROUTINE  
EXTERNAL STRESSORS

ACCESS TO HEALTHCARE  
DISPOSITION/TEMPERAMENT  
DEFENSE MECHANISMS  
COPING SKILLS  
HEALTH RELATED STIGMAS  
INSURANCE  
RELATIONSHIP WITH HEALTHCARE  
PROVIDERS  
COMMUNICATION SKILLS  
IMPAIRED MENTAL STATUS:  
MEMORY ISSUES  
MOOD  
ORIENTATION OF TIME  
INSIGHT  
CONCENTRATION  
ORIENTATION  
ATTENTION  
FUND OF INFORMATION  
ABSTRACT REASONING  
SOCIAL JUDGEMENT  
DECISION MAKING  
AFFECT  
EMOTIONAL STATES OF BEING  
SENSE OF SAFETY  
ADVERSE CHILDHOOD EXPERIENCES  
CHRONIC EXPOSURE TO DISTRESSING  
SITUATIONS & RELATIONSHIPS  
STRESS TOLERANCE  
QUALITY OF INTERPERSONAL CONNECTIONS  
TIME MANAGEMENT  
BEHAVIORAL PATTERNS  
EMOTIONAL AND BEHAVIORAL SKILL SET  
KNOWLEDGE  
DYSFUNCTIONAL BEHAVIORS  
UNSUPPORTIVE SYSTEMS  
ESTEEM  
PERSPECTIVE/LANGUAGE  
SELF EXPRESSION  
HRV / COHERENCE

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

- |  |   |
|--|---|
| <input type="checkbox"/> BREATHING/RESPIRATORY FUNCTIONING | <input type="checkbox"/> ENVIRONMENTAL TOXINS     |
| <input type="checkbox"/> SLEEP                             | <input type="checkbox"/> HIGH POLLUTION           |
| <input type="checkbox"/> MALNUTRITION                      | <input type="checkbox"/> AIR QUALITY              |
| <input type="checkbox"/> HORMONE IMBALANCE                 | <input type="checkbox"/> CLIMATE                  |
| <input type="checkbox"/> MEDICATION(S)                     | <input type="checkbox"/> TEMPERATURE              |
| <input type="checkbox"/> THYROID FUNCTIONING               | <input type="checkbox"/> LIGHTING                 |
| <input type="checkbox"/> VITAMIN DEFICIENCIES              | <input type="checkbox"/> MOLD EXPOSURE            |
| <input type="checkbox"/> NUEROCHEMISTRY                    | <input type="checkbox"/> TIME OUTDOORS            |
| <input type="checkbox"/> EXERCISE LEVEL                    | <input type="checkbox"/> UNHYGIENIC ENVIRONMENT   |
| <input type="checkbox"/> FAMILY MEDICAL HISTORY            | <input type="checkbox"/> FINANCIAL HARDSHIP       |
| <input type="checkbox"/> CHRONIC PAIN                      | <input type="checkbox"/> POVERTY                  |
| <input type="checkbox"/> INFLAMMATION                      | <input type="checkbox"/> SAFETY                   |
| <input type="checkbox"/> STRESS LEVEL                      | <input type="checkbox"/> EDUCATION                |
| <input type="checkbox"/> STRESS RESPONSE                   | <input type="checkbox"/> SLEEP APNEA              |
| <input type="checkbox"/> RECREATIONAL SUBSTANCE USE        | <input type="checkbox"/> FREQUENT INFECTIONS      |
| <input type="checkbox"/> ILLEGAL DRUGUSE                   | <input type="checkbox"/> MENSTRUAL CYCLE          |
| <input type="checkbox"/> BRAIN TRAUMA                      | <input type="checkbox"/> SUNSHINE EXPOSURE        |
| <input type="checkbox"/> DEVELOPMENTAL TRAUMA              | <input type="checkbox"/> LACK OF LIFE STRUCTURE   |
| <input type="checkbox"/> DIGESTIVE ISSUES                  | <input type="checkbox"/> BRITTLE HAIR & NAILS     |
| <input type="checkbox"/> WATER INTAKE                      | <input type="checkbox"/> ENERGY LEVEL             |
| <input type="checkbox"/> COGNITIVE FUNCTIONING             | <input type="checkbox"/> ACUTE MEDICAL CONDITION  |
| <input type="checkbox"/> IMMUNE SYSTEM                     | <input type="checkbox"/> NEUROLOGICAL FUNCTIONING |
| <input type="checkbox"/> SEXUAL DYSFUNCTION                | <input type="checkbox"/> HYGIENE 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                  |   |



# Role-Play Simulation

**OBJECTIVE:**

**LIST OF ROLES FOR SIMULATION:**

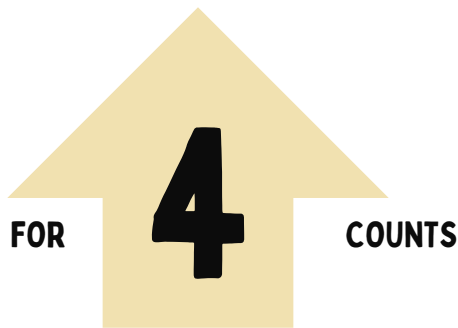
**ROLE:**

**THERAPEUTIC CONCEPT**

# DEEP BREATHING EXERCISE

SIT OR LIE DOWN

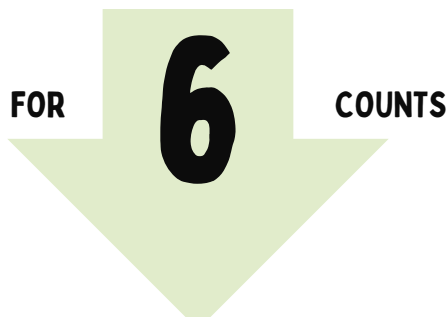
SOMEWHERE COMFORTABLE. THEN, START BY OBSERVING YOUR BREATH  
IN THROUGH YOUR NOSE



HOLD YOUR BREATH



BREATHE OUT THROUGH YOUR NOSE



REPEAT

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**

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**ESTEEM**

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**LOVE & BELONGING**

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**SAFETY FEELINGS**

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**PHYSIOLOGOCIAL NEEDS**

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# **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

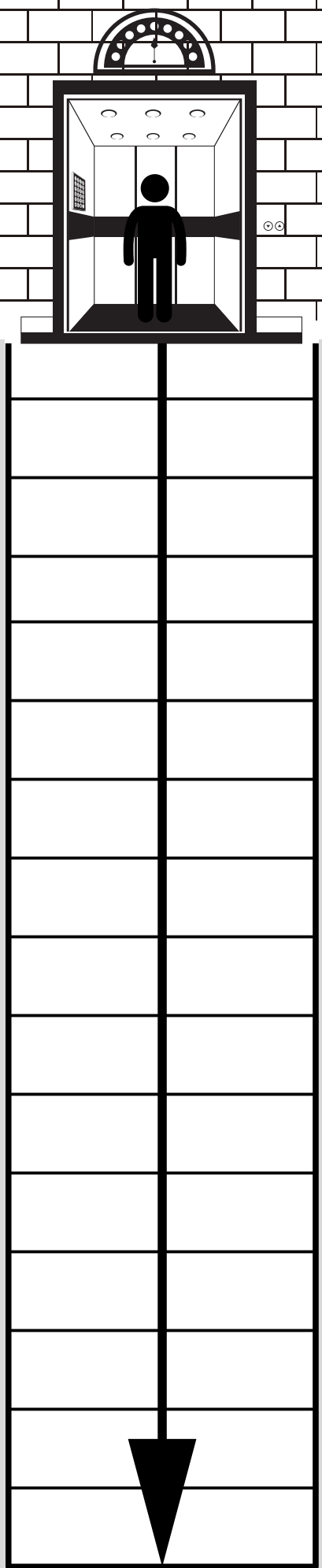
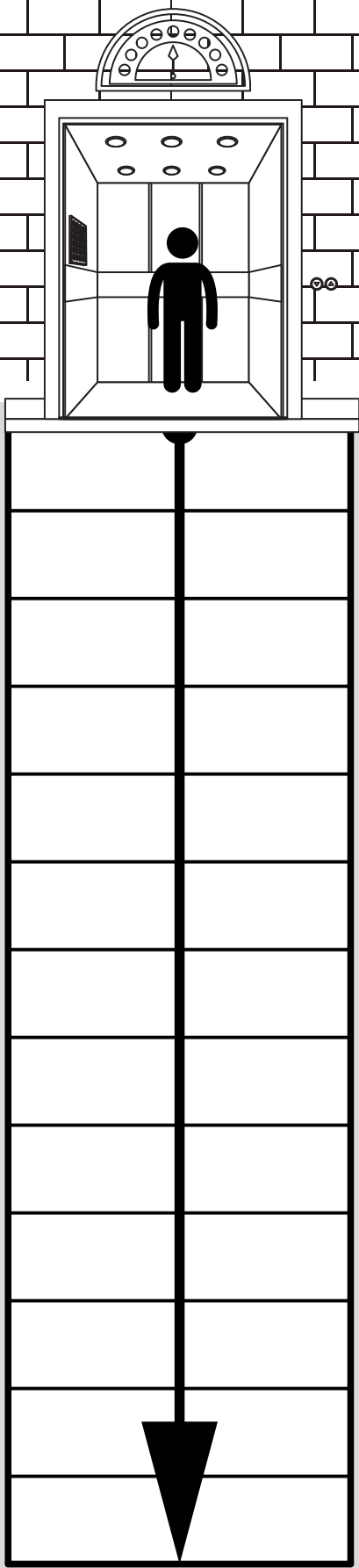
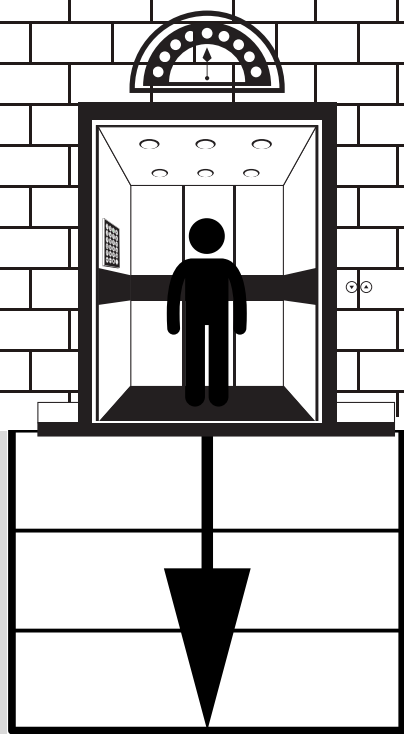
DESCRIBE A TIME WHEN YOU'VE OVERCOME A CHALLENGE.

## PERSONAL IDENTITY

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

## COMMUNITY

LIST ANY INTEREST ACTIVITIES YOU ARE ENGAGED IN.



**"THE  
DEPTHS  
& 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

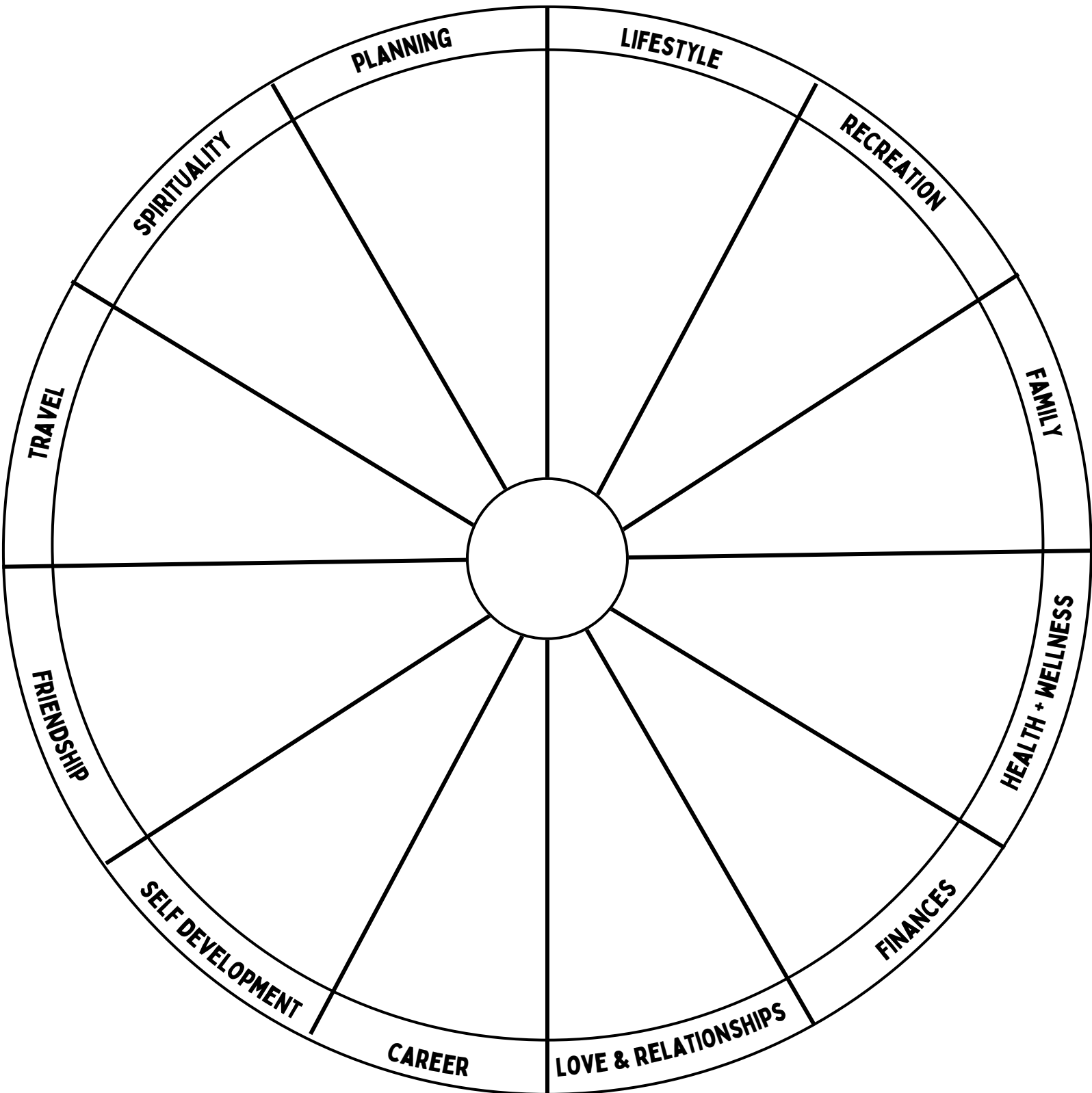
VALUES

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



*sand* →

*top priorities* →

*pebbles:  
second tier priorities* →



*notes*

# 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

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## REFLECTION NOTES

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# 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.

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

# Weekly goal Tracker

WEEK OF: \_\_\_\_\_

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

# GOAL FEAR SETTING

FEAR	COST OF INACTION	COST OF INACTION 1, 3, & 5 YEARS DOWN THE LINE

# GOAL FEAR SETTING

FEAR	PREVENT	REPAIR



# Setting Your Goals

## PLANNING WORKSHEET

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### 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 .....

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## Highlights


Year .....

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## 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/.](https://www.simplypsychology.org/))

**GOAL 1**

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**GOAL 2**

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**GOAL 3**

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**GOAL 4**

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**GOAL 5**

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**GOAL 6**

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**GOAL 7**

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**GOAL 8**

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# Habit Tracker

HABITS	MON	TUE	WED	THU	FRI	SAT	SUN

# 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?

**WEAKNESS #1**

**STRATEGIES :**

**ACTIONS :**

**WEAKNESS #2**

**STRATEGIES :**

**ACTIONS :**

**WEAKNESS #3**

**STRATEGIES :**

**ACTIONS :**

# Track your symptoms

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



# HEALTH APPOINTMENTS LOG

Date	Description	Healthcare Professional	Notes

TYPES OF

# Self-care

**PHYSICAL**

**OCCUPATIONAL**

**FINANCIAL**

**EMOTIONAL**

**SELF  
CARE**

**SPIRITUAL**

**INTELLECTUAL**

**SOCIAL**

**ENVIRONMENTAL**