

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

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

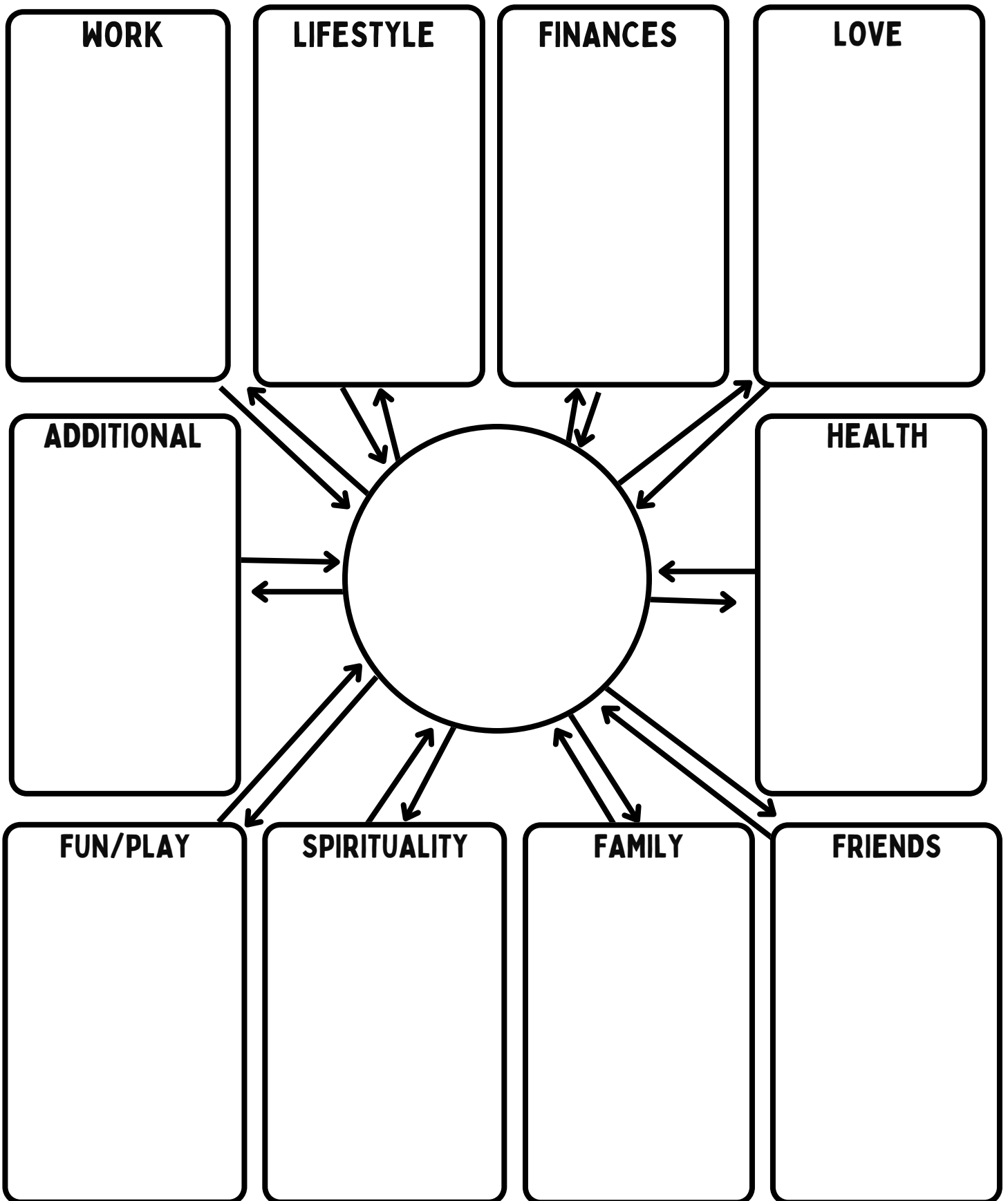
ACTING

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

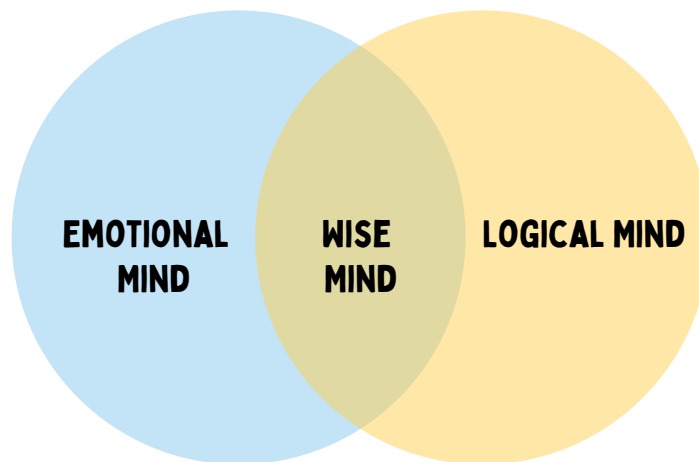
ENGAGE ALL YOUR SENSES TO EXPLORE EACH ITEM AND JOT DOWN YOUR REFLECTIONS.

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
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

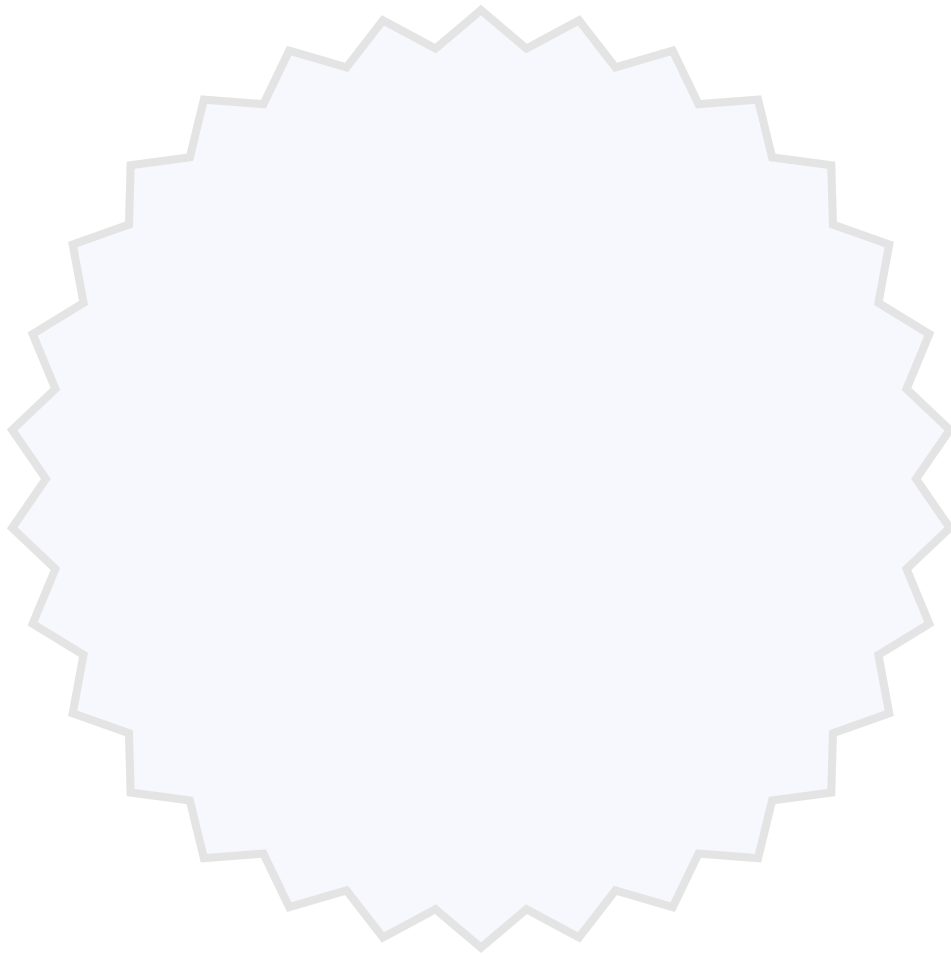
**A PERSPECTIVE AND/OR AN EMOTIONAL RESPONSE
TOWARDS SOMETHING.**



**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



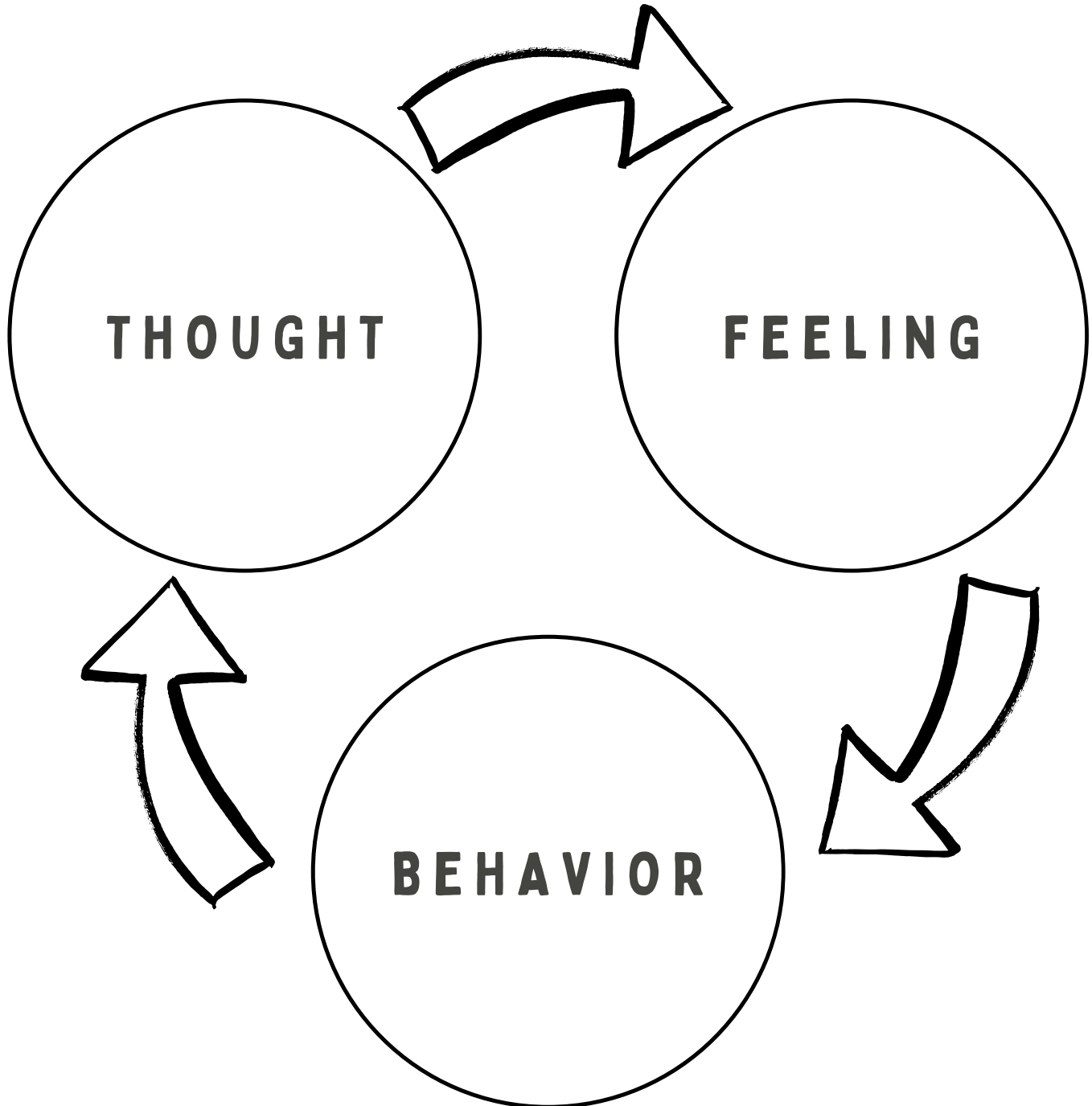
UNDERSTANDING CONTEXT REFERS TO THE SOCIAL, HISTORICAL, AND CULTURAL CONDITIONS THAT A TEXT IS CREATED AND RECEIVED WITHIN (THE CONTEXT OF CULTURE), AS WELL AS THE SPECIFIC FEATURES OF ITS IMMEDIATE ENVIRONMENT (CONTEXT OF SITUATION). ADDITIONALLY, THE TERM "CONTEXT" CAN ALSO REFER TO THE WORDING SURROUNDING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

CBT

**THOUGHTS,
FEELINGS, &
BEHAVIORS**

Why Thoughts Matter

CBT EXPLAINED WORKSHEET



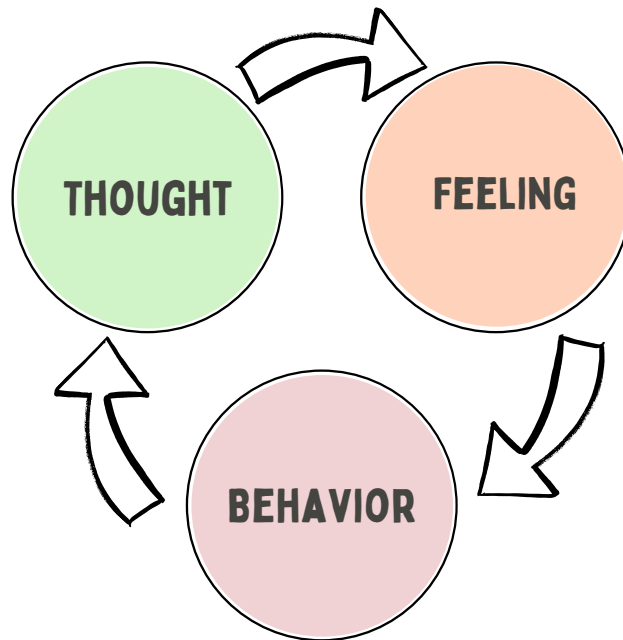
‘CBT WORKS ON THE BASIS THAT THE WAY WE THINK AND INTERPRET LIFE’S EVENTS AFFECTS HOW WE BEHAVE AND, ULTIMATELY, HOW WE FEEL. STUDIES HAVE SHOWN THAT IT IS USEFUL IN MANY SITUATIONS. MORE SPECIFICALLY, CBT IS A PROBLEM-SPECIFIC, GOAL-ORIENTED APPROACH. IT FOCUSES ON THEIR PRESENT-DAY CHALLENGES, THOUGHTS,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

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understanding yourself

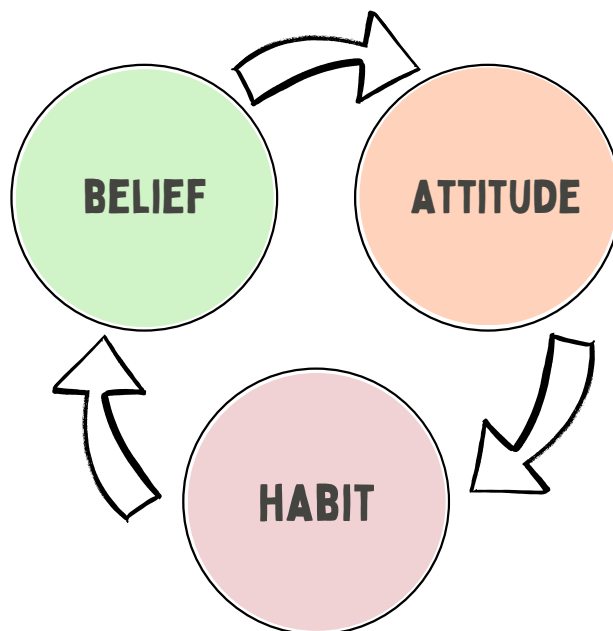
HOW CBT INFLUENCES HOW WE SHOW UP

COMPONENTS OF BEING



UNDERSTANDING OUR PATTERNS

COMPONENTS OF IDENTITY

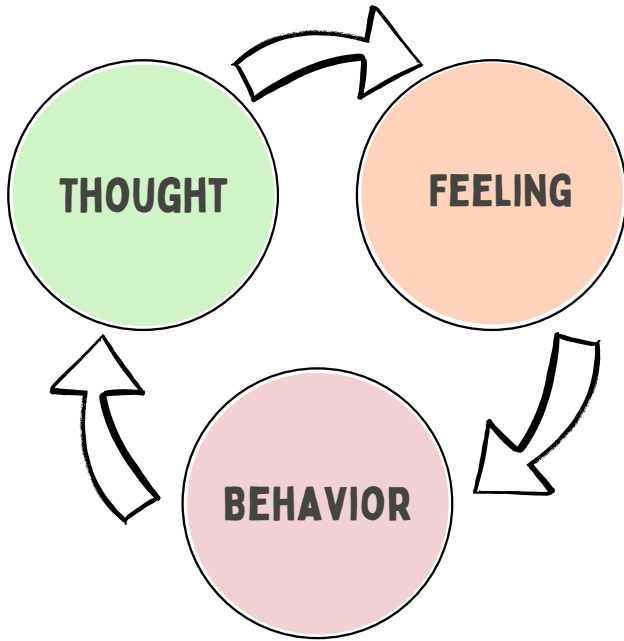


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Understanding the relationship between thoughts, feeling, and behavior

COMPONENTS OF BEING



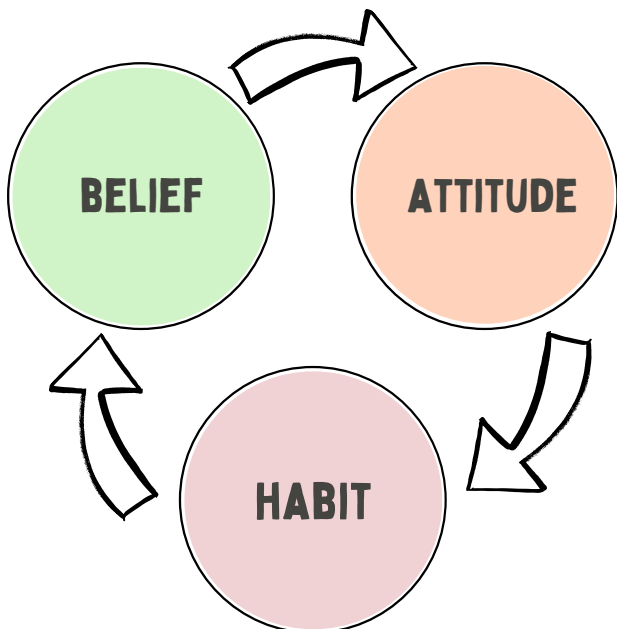
THOUGHT

FEELING

BEHAVIOR

UNDERSTANDING OUR PATTERNS

COMPONENTS OF IDENTITY



BELIEF

ATTITUDE

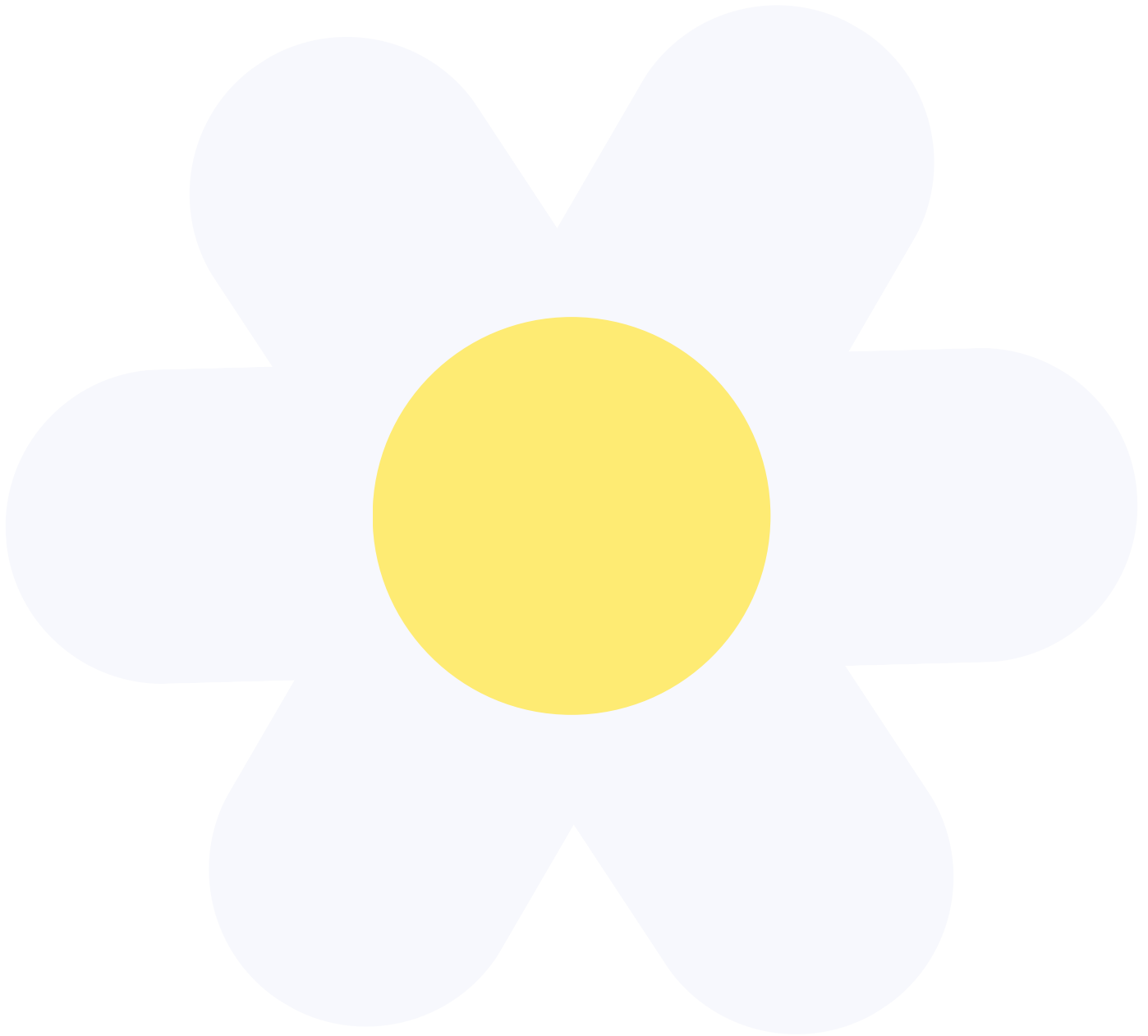
HABIT

'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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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 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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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**

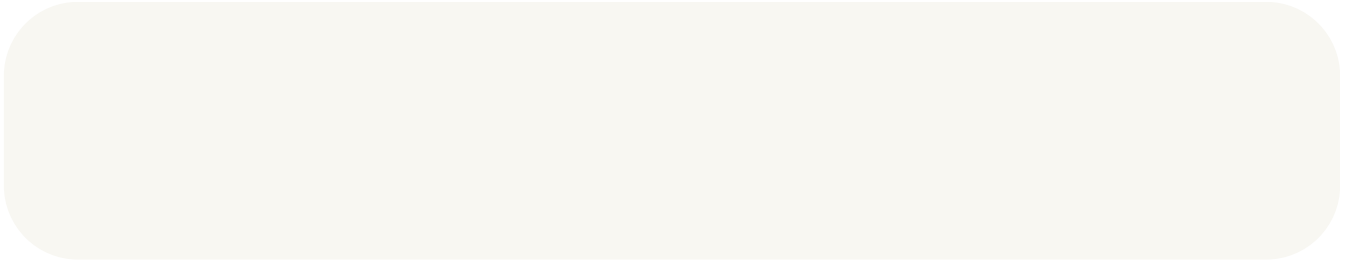
**I CAN PRACTICE
UNTIL I GET BETTER**

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,

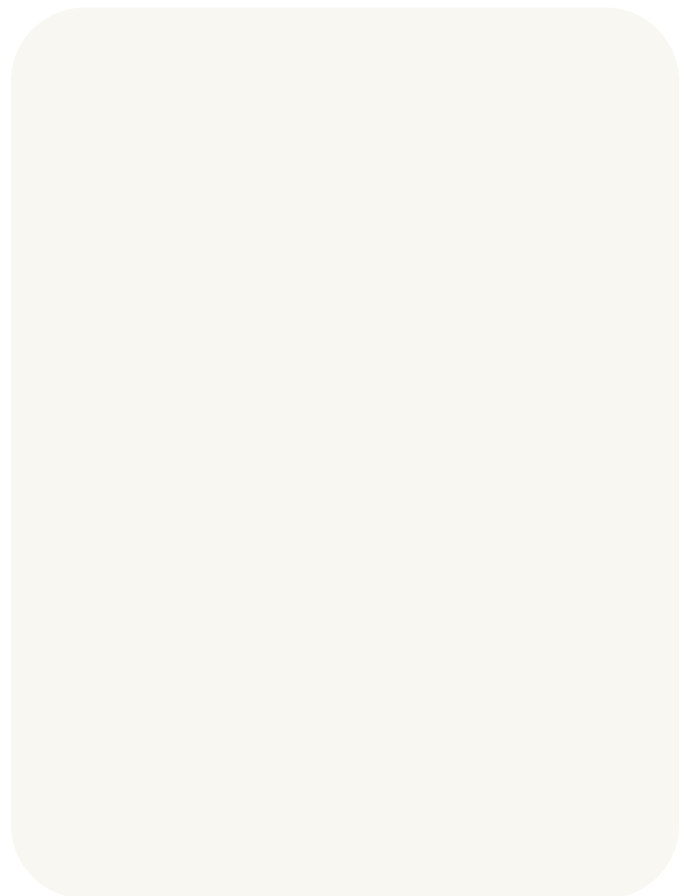
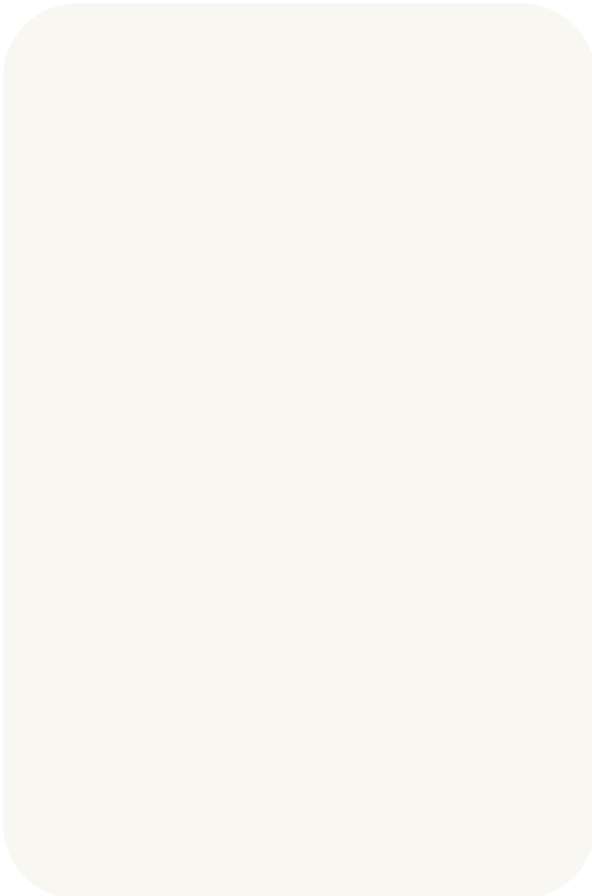
evidence log

THOUGHT:

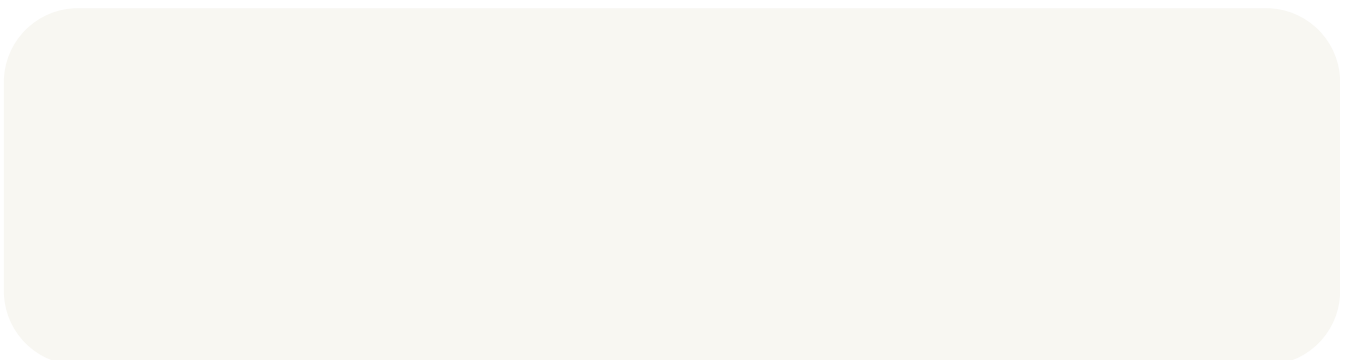


EVIDENCE FOR MY THOUGHT:

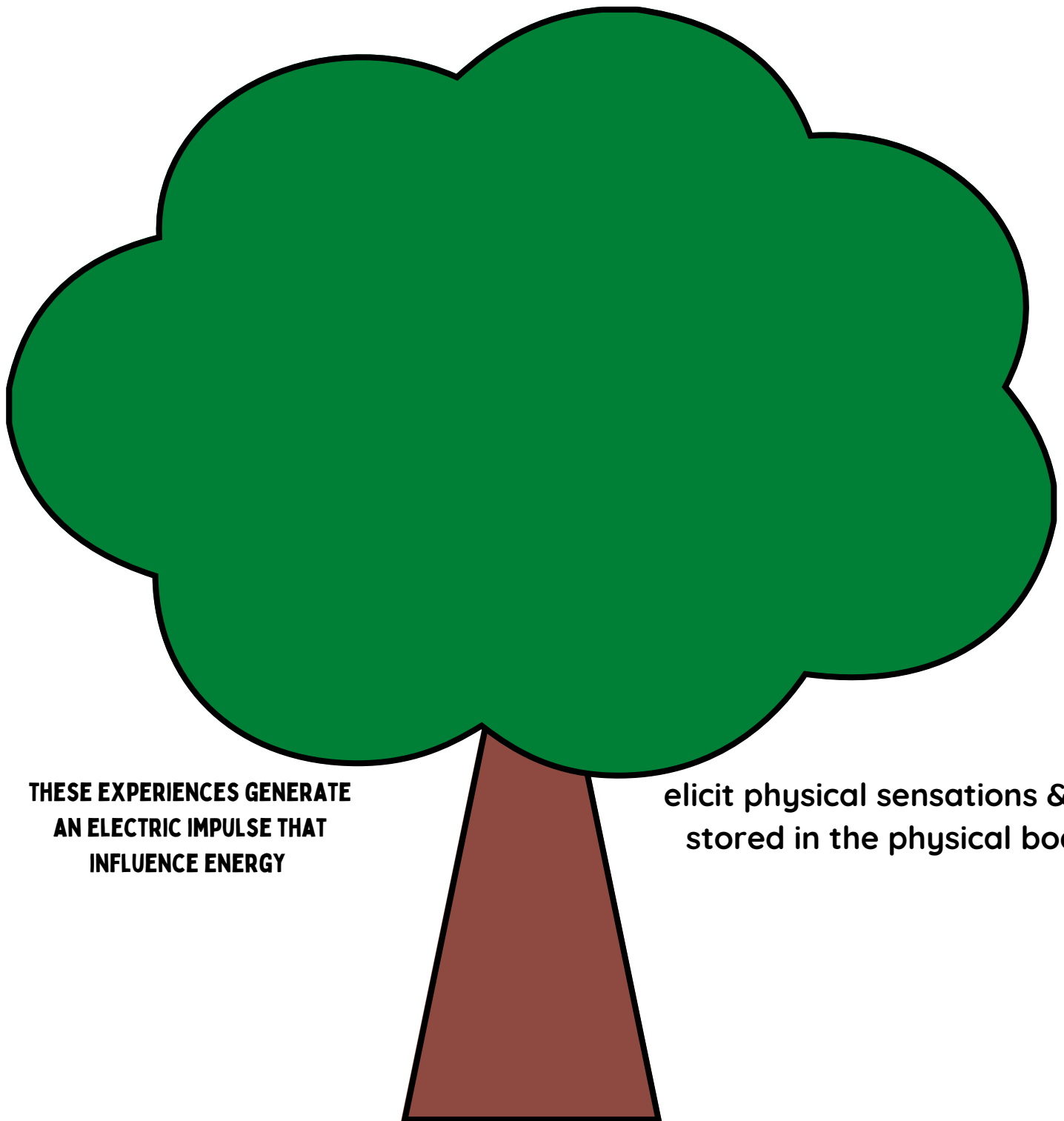
EVIDENCE AGAINST MY THOUGHT:



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:

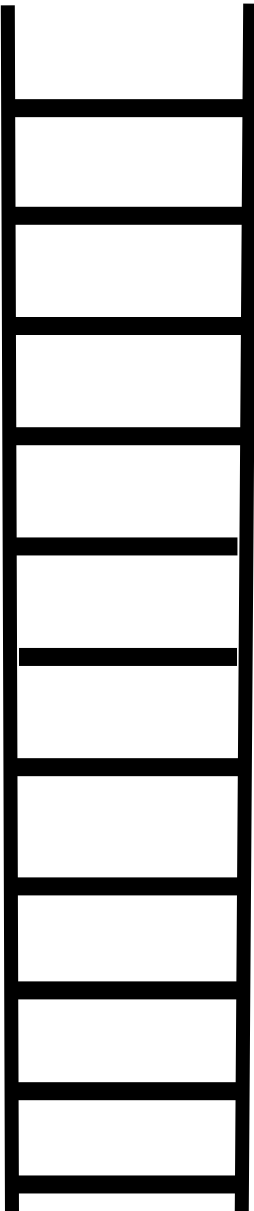
(THE GOOD THINGS IN MY LIFE THAT ARE A SOURCE OF STRENGTH)

fear hierarchy

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

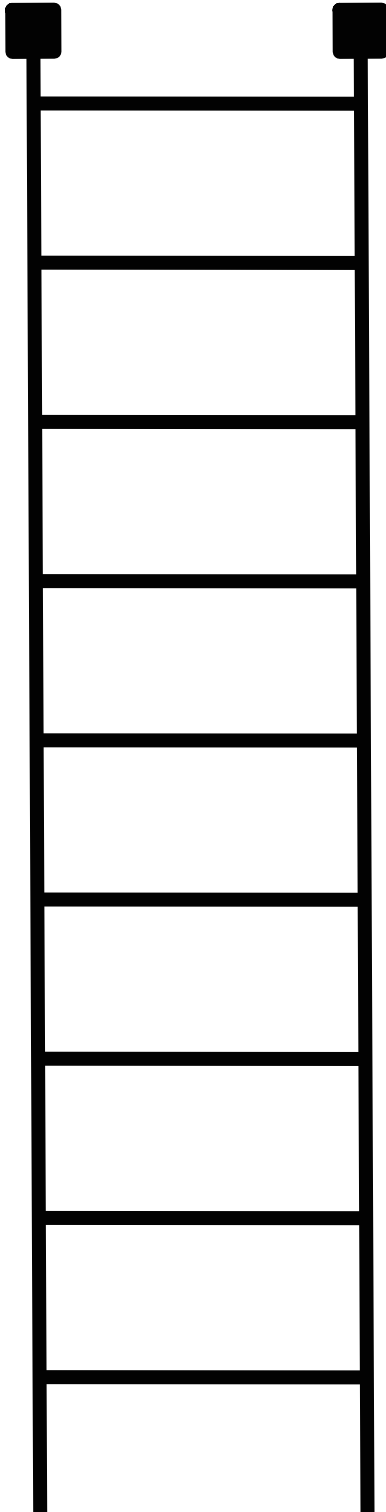
MY GOAL IS:

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

RISK FACTORS	PROTECTIVE FACTORS

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

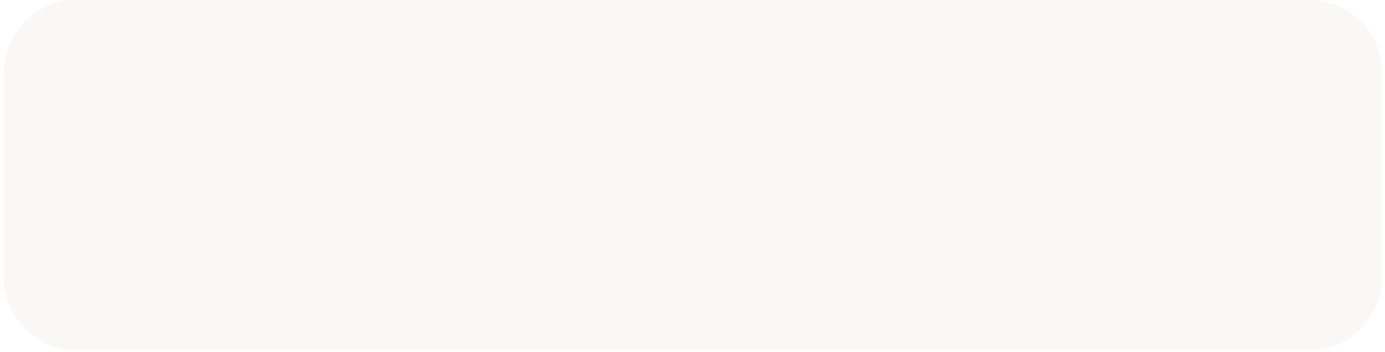
NEGATIVE POSITIVE

NEGATIVE POSITIVE

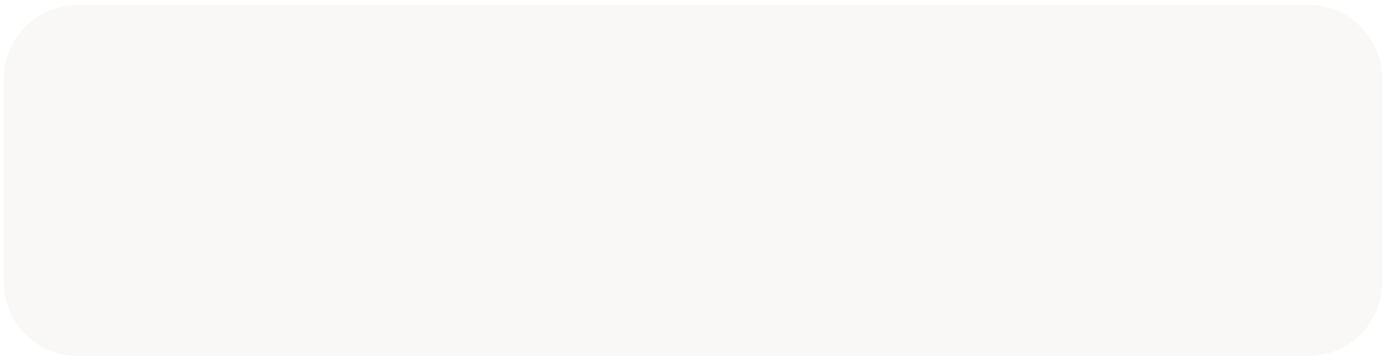
NEGATIVE POSITIVE

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.

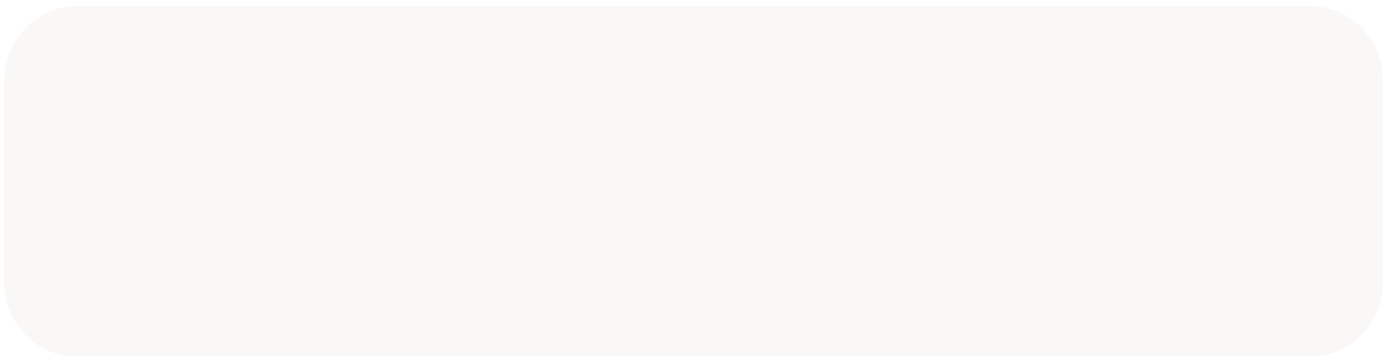


SITUATION



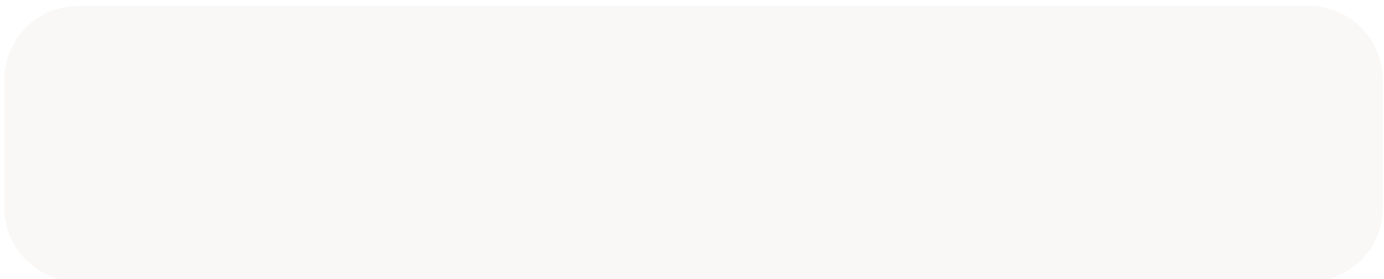
FEELINGS

THOUGHTS



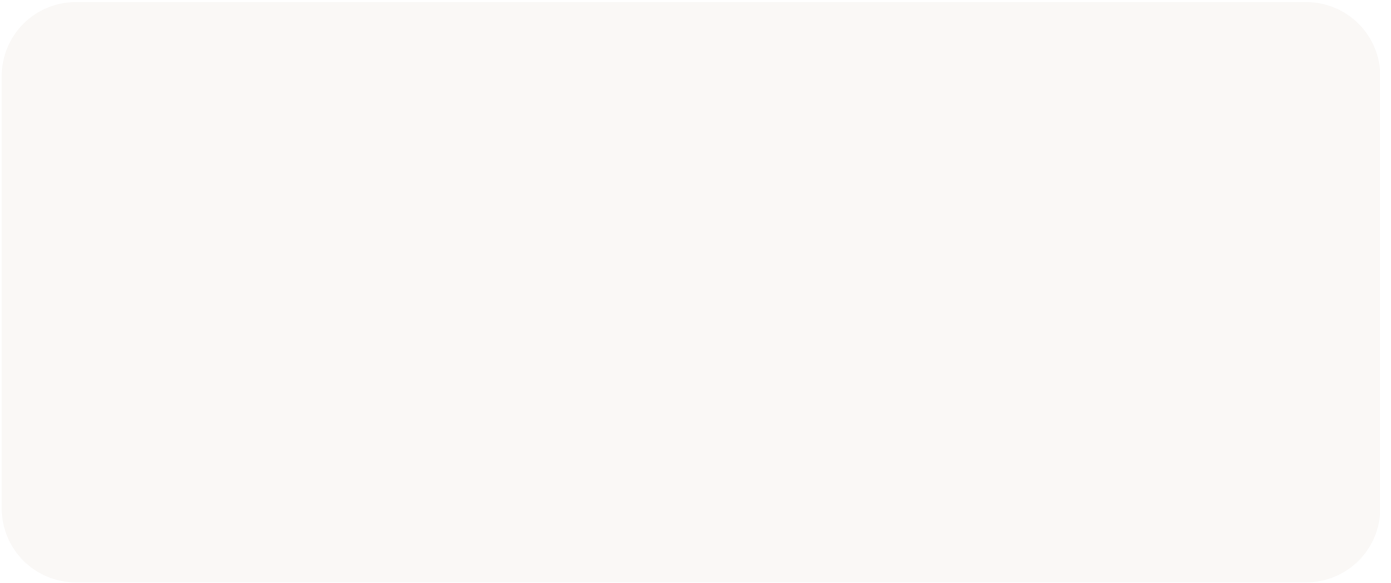
PHYSICAL SYMPTOMS

BEHAVIORS

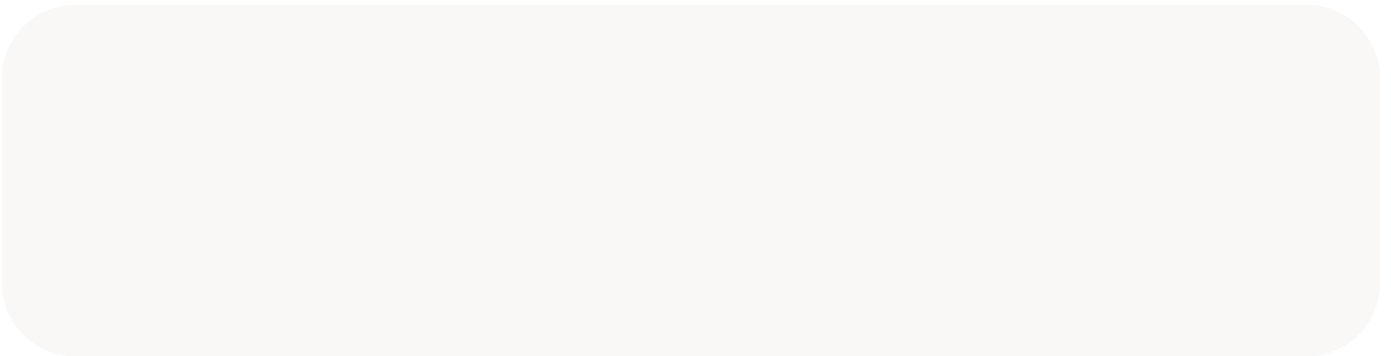


process your thoughts

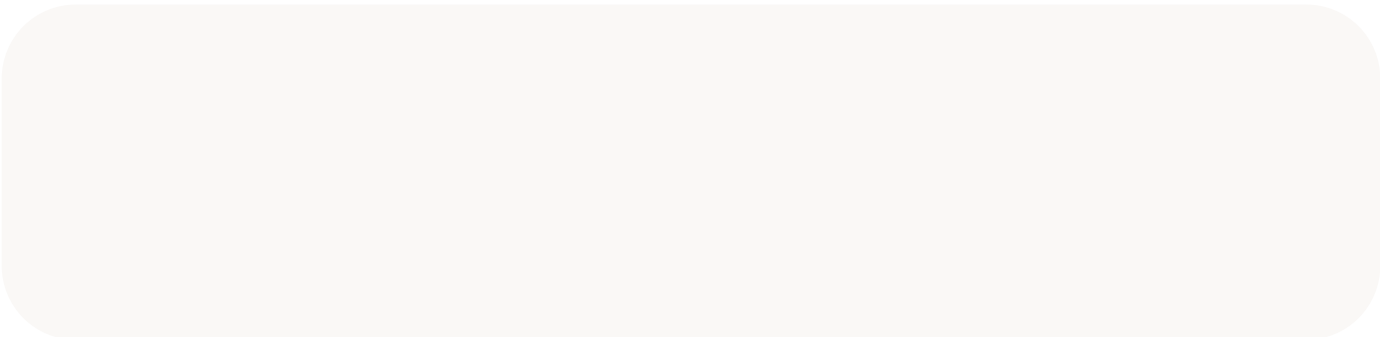
OBSERVE YOUR STREAM OF CONSCIOUSNESS AS YOU THINK ABOUT A STRESSFUL SITUATION. DO NOT SUPPRESS ANY THOUGHTS. LET THEM RUN THEIR COURSE WHILE YOU WATCH THEM, AND WRITE THEM DOWN AS THEY OCCUR.



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.



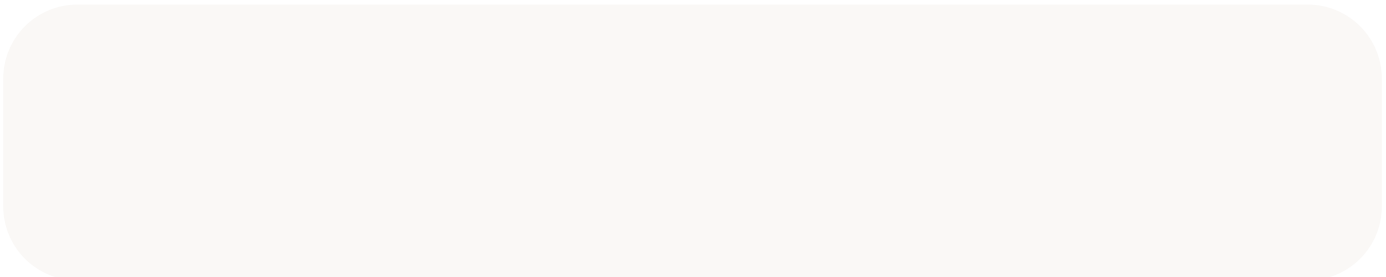
Changing Your Thoughts

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

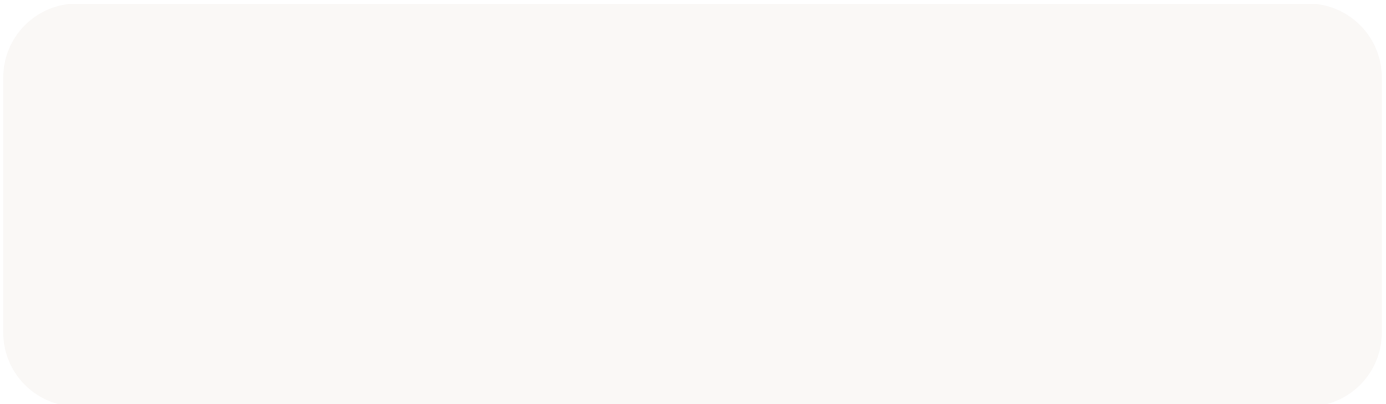


DESCRIBE THE SITUATION THAT TRIGGERED YOUR NEGATIVE MOOD.



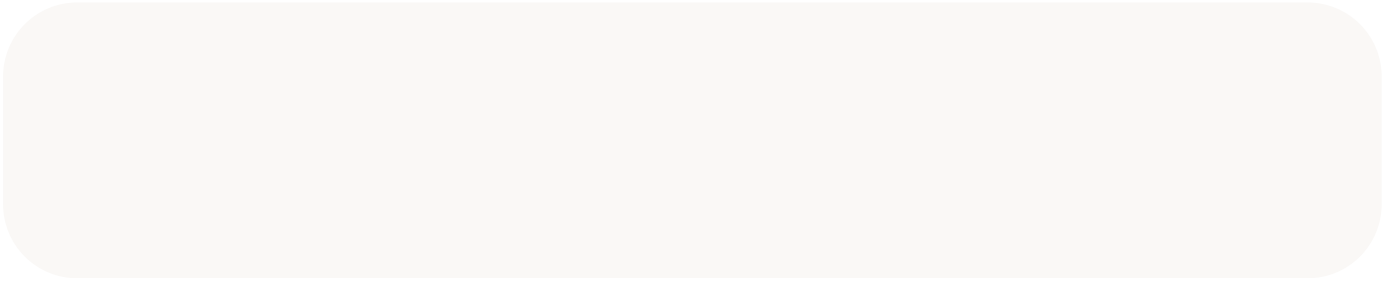
STEP 2: IDENTIFY YOUR MOOD

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



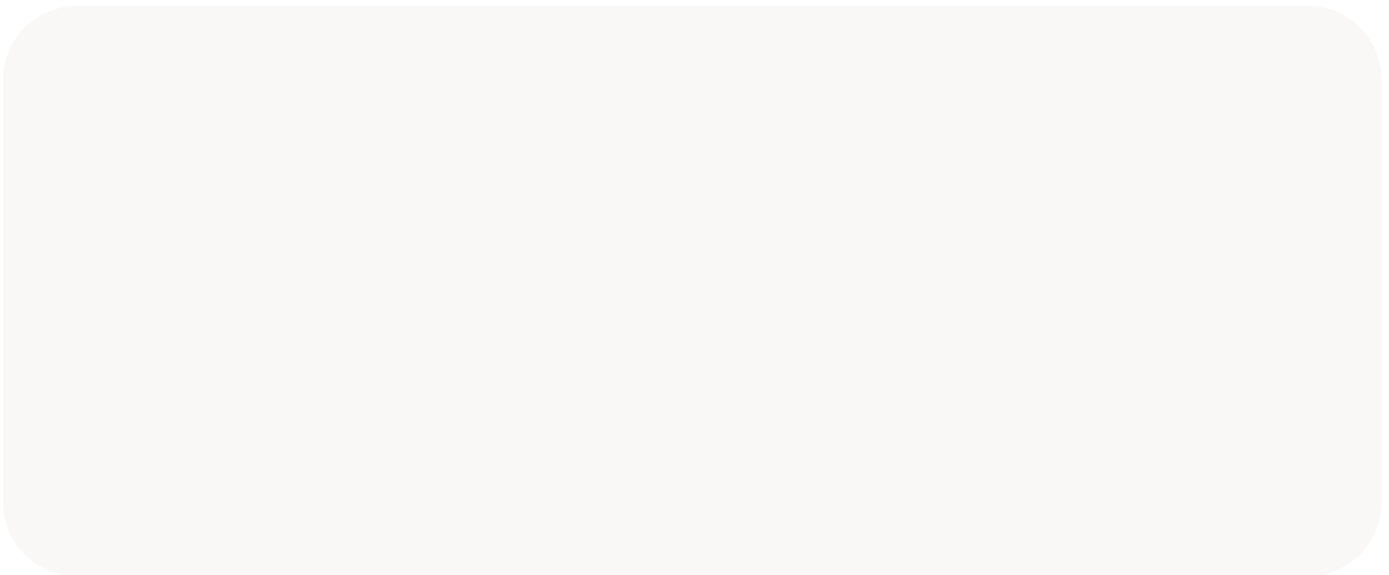
STEP 3: IDENTIFY AUTOMATIC THOUGHTS

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



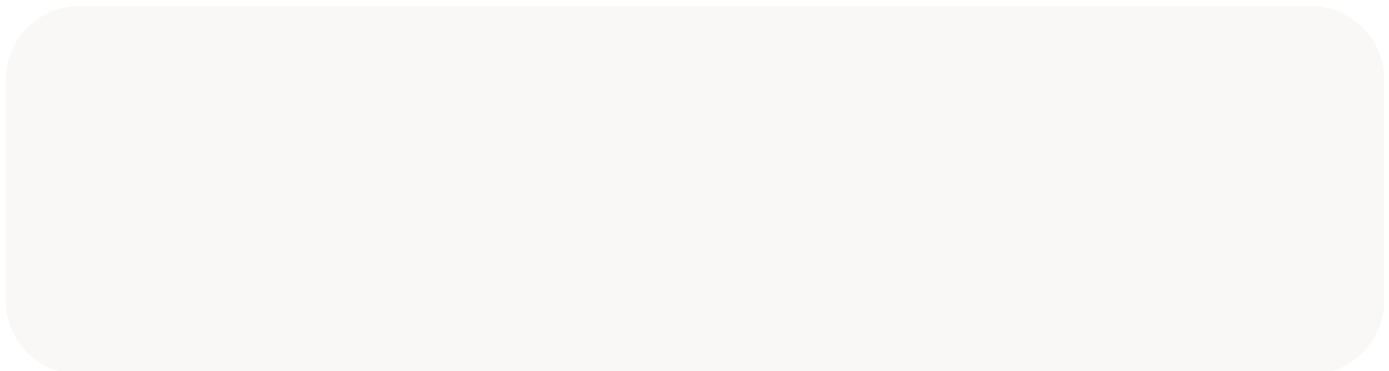
STEP 4: FIND OBJECTIVE EVIDENCE

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



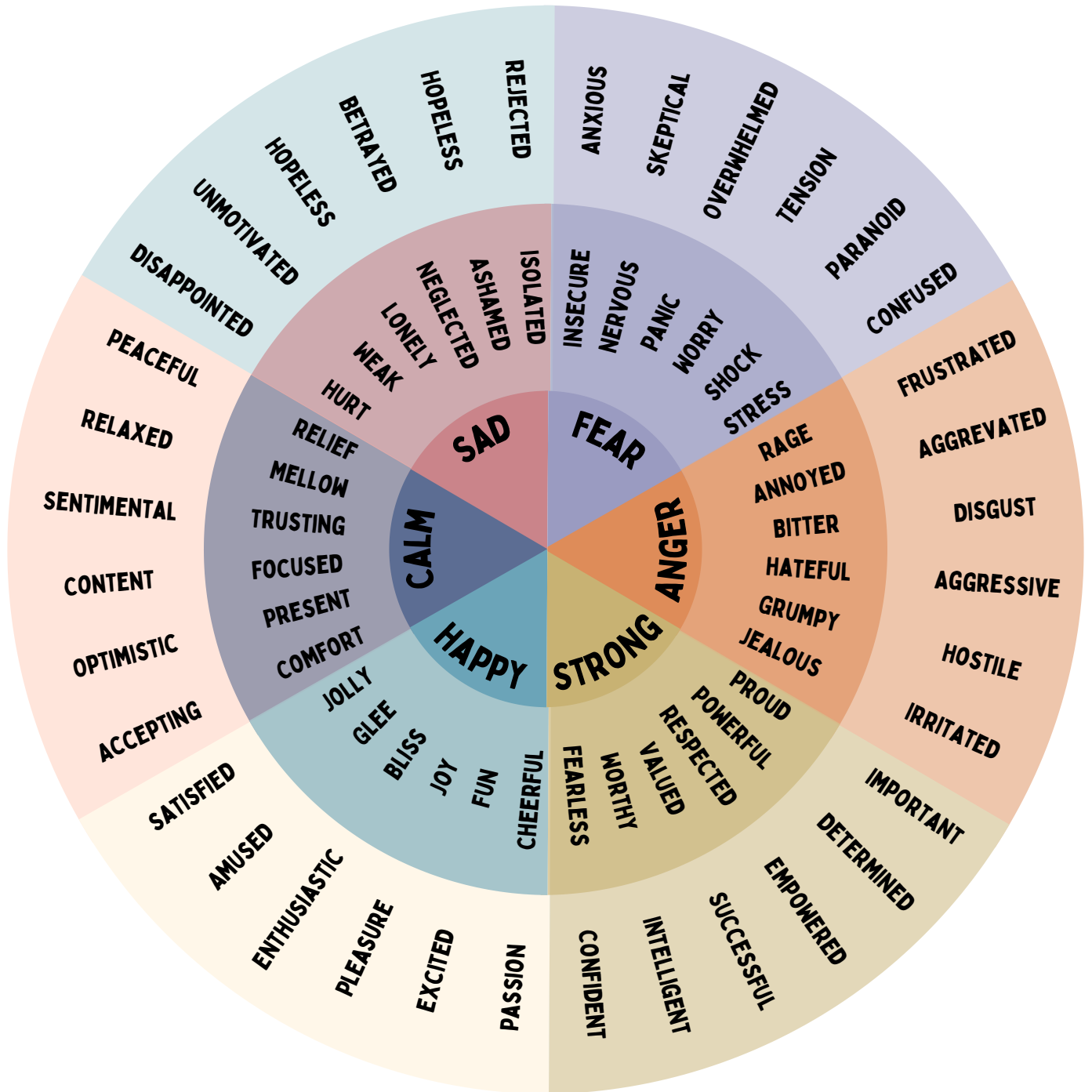
"Always remember that for each patient you see you may be the only person in their life capable of both hearing and holding their pain. If that's not sacred, I don't know what is."

-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

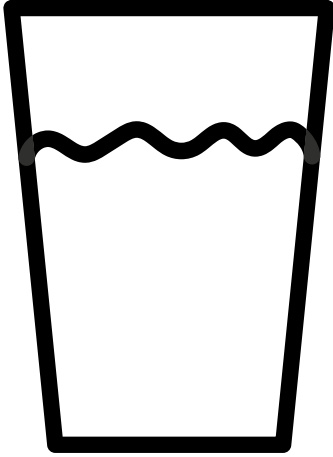
SOMETHING I DID WELL TODAY...
TODAY I HAD FUN WHEN...
I FELT PROUD WHEN...



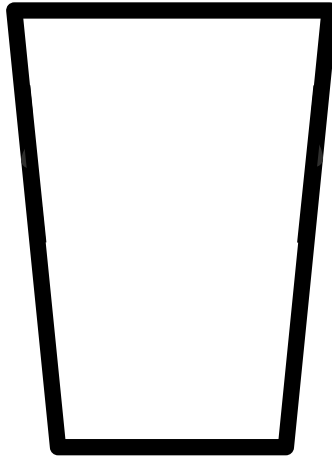
Coping Worksheets

my self care plan

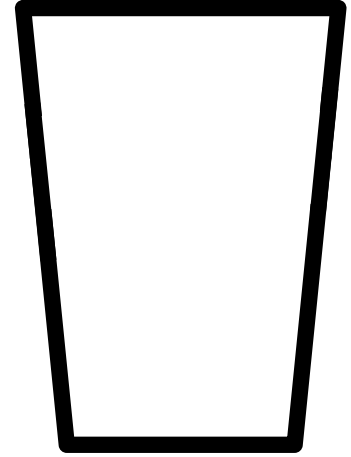
WHAT FILLS YOUR CUP?



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.**

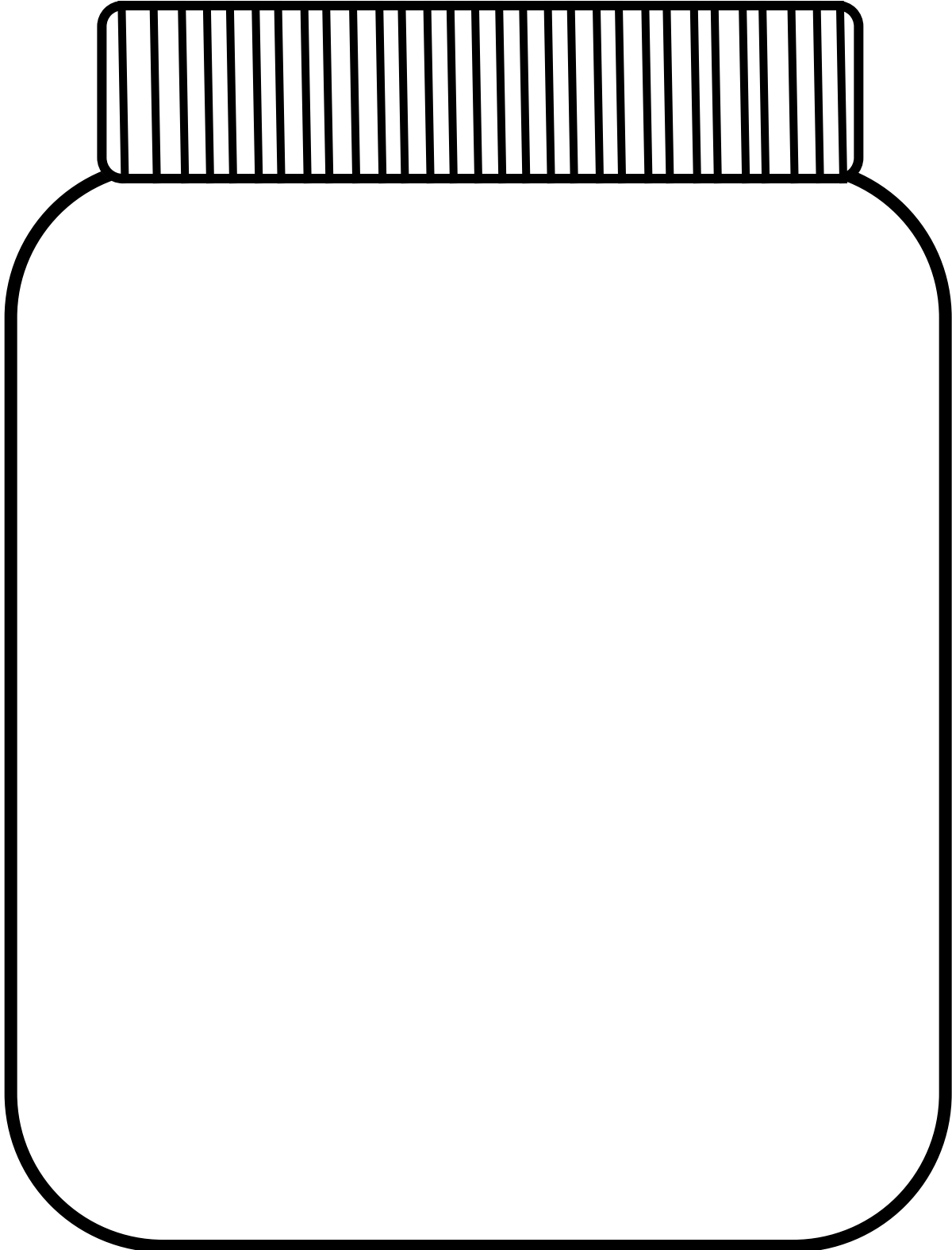
SELF REGULATION EXERCISES & COPING SKILLS

- 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**

--	--	--

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**

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

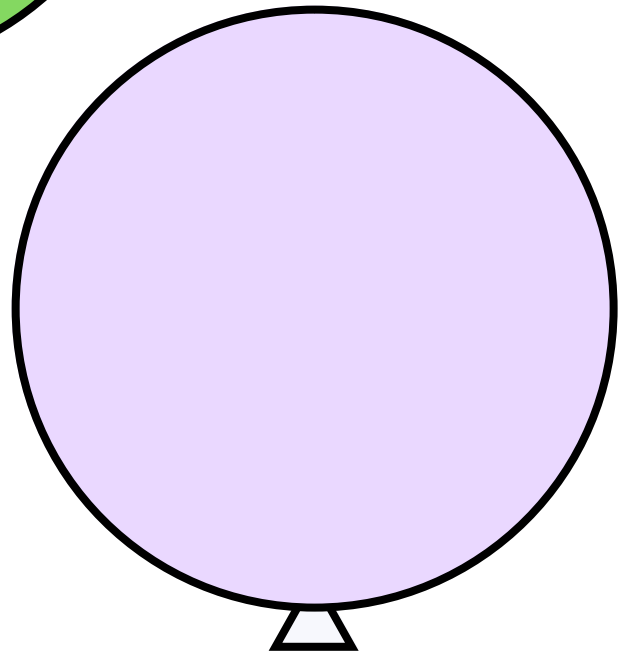
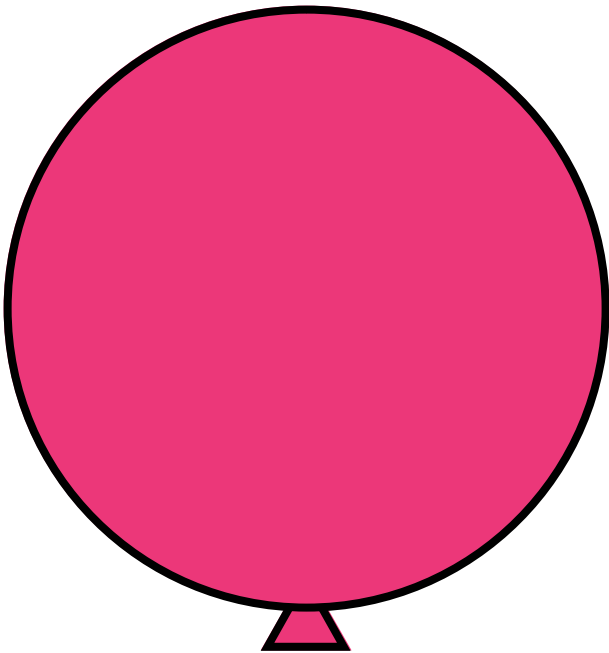
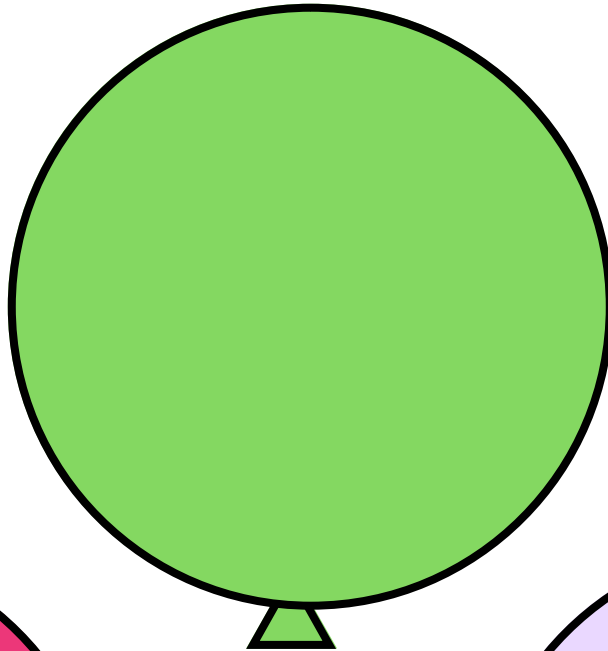
EFFORT WILL HELP ME SEE IMPROVED RESULTS

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

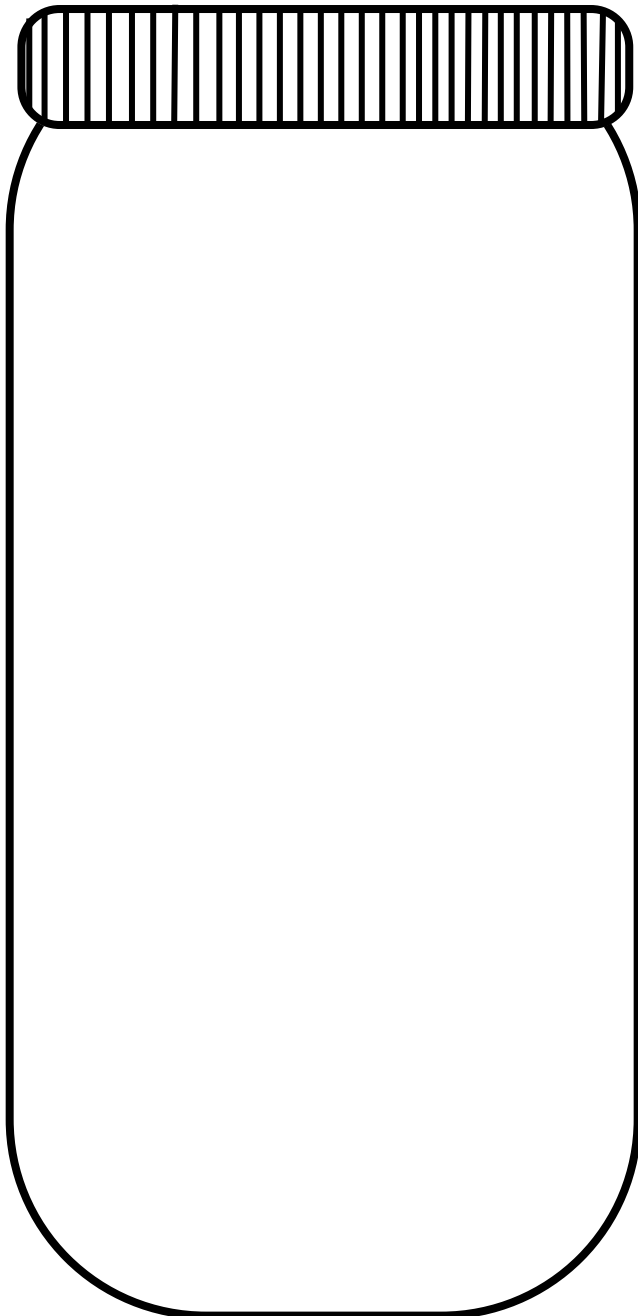
- 01** A JOURNAL IS A SAFE SPACE FOR YOUR THOUGHTS.
- 02** IT HELPS YOU MANAGE STRESS AND ANXIETY.
- 03** IT PROMOTES SELF-AWARENESS.
- 04** IT HELPS WITH ACHIEVING GOALS.

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

TODAY'S DATE

.....

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.

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

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

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

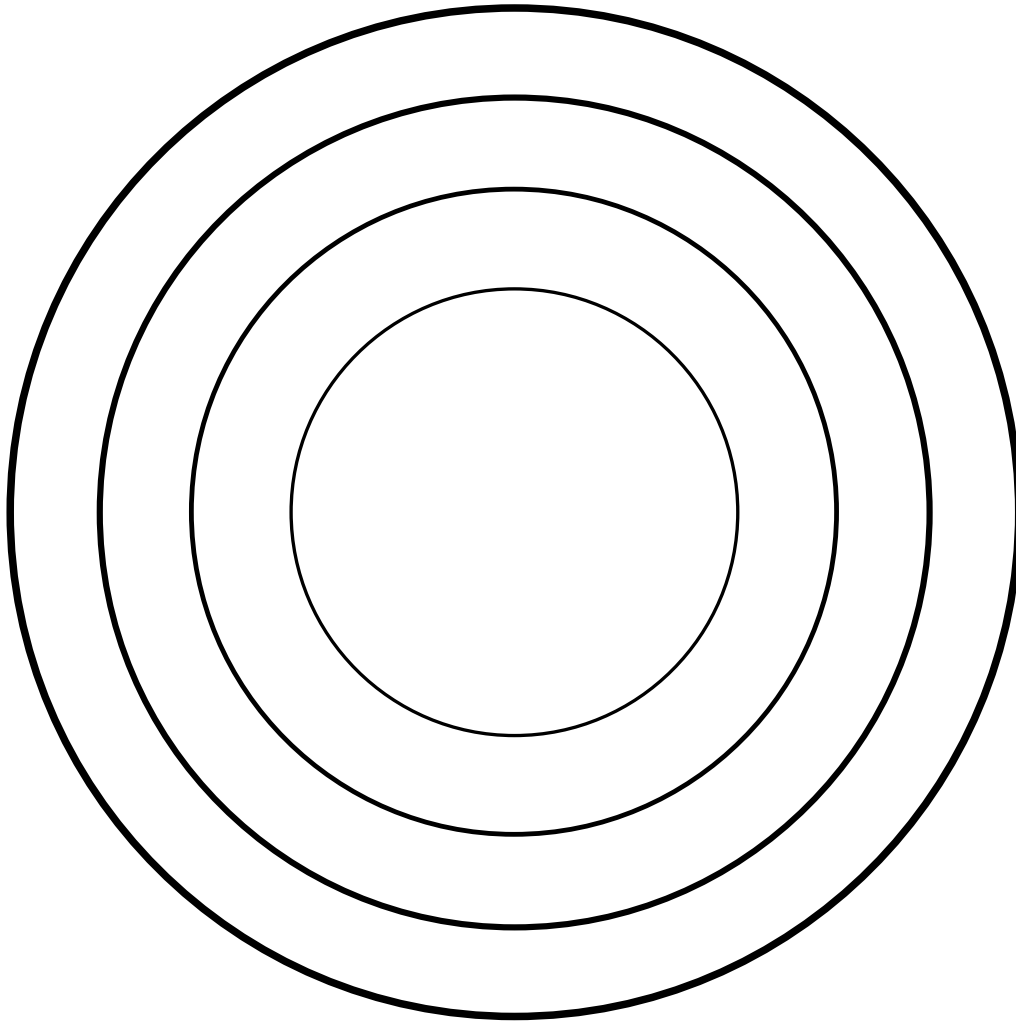
PHYSICAL SYMPTOMS

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: _____

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

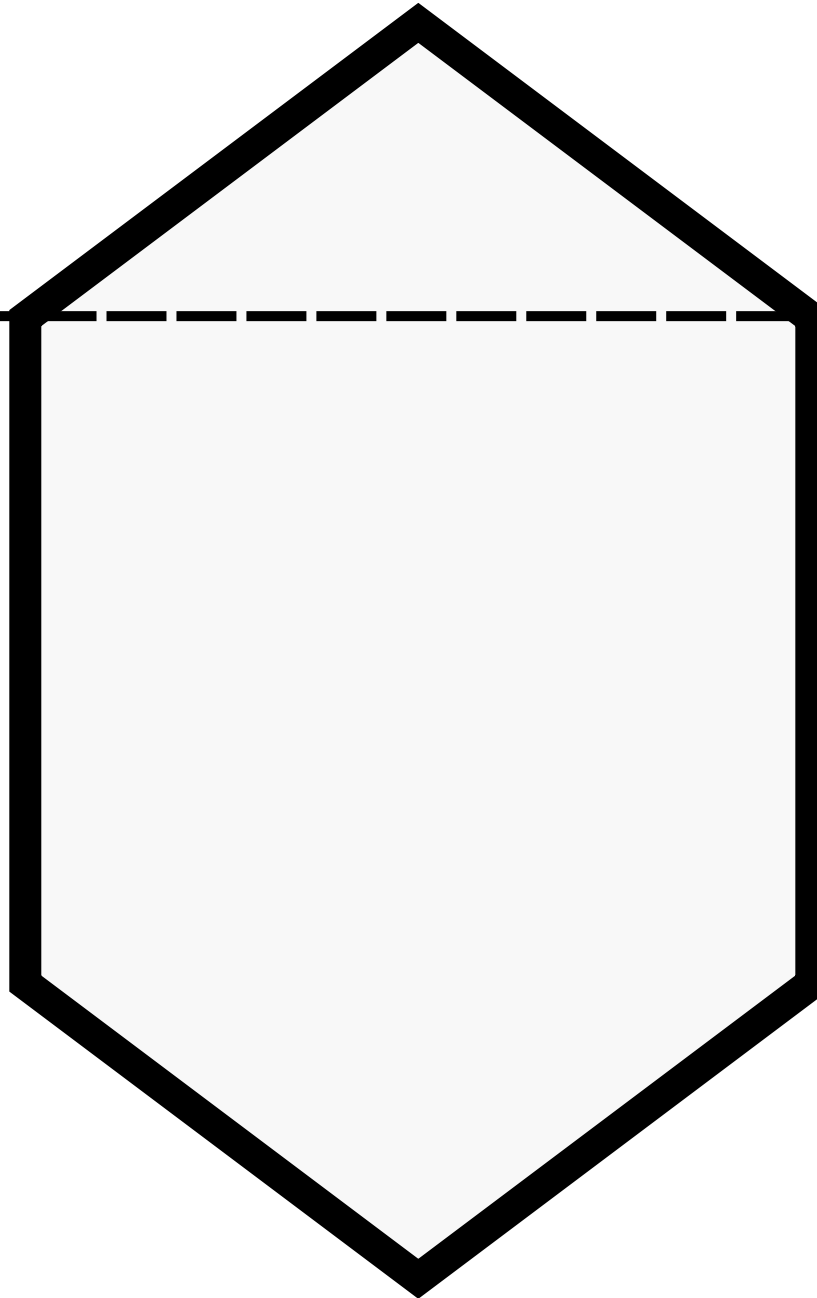
ANGER ICEBERG

EXPLORING BELOW THE SURFACE

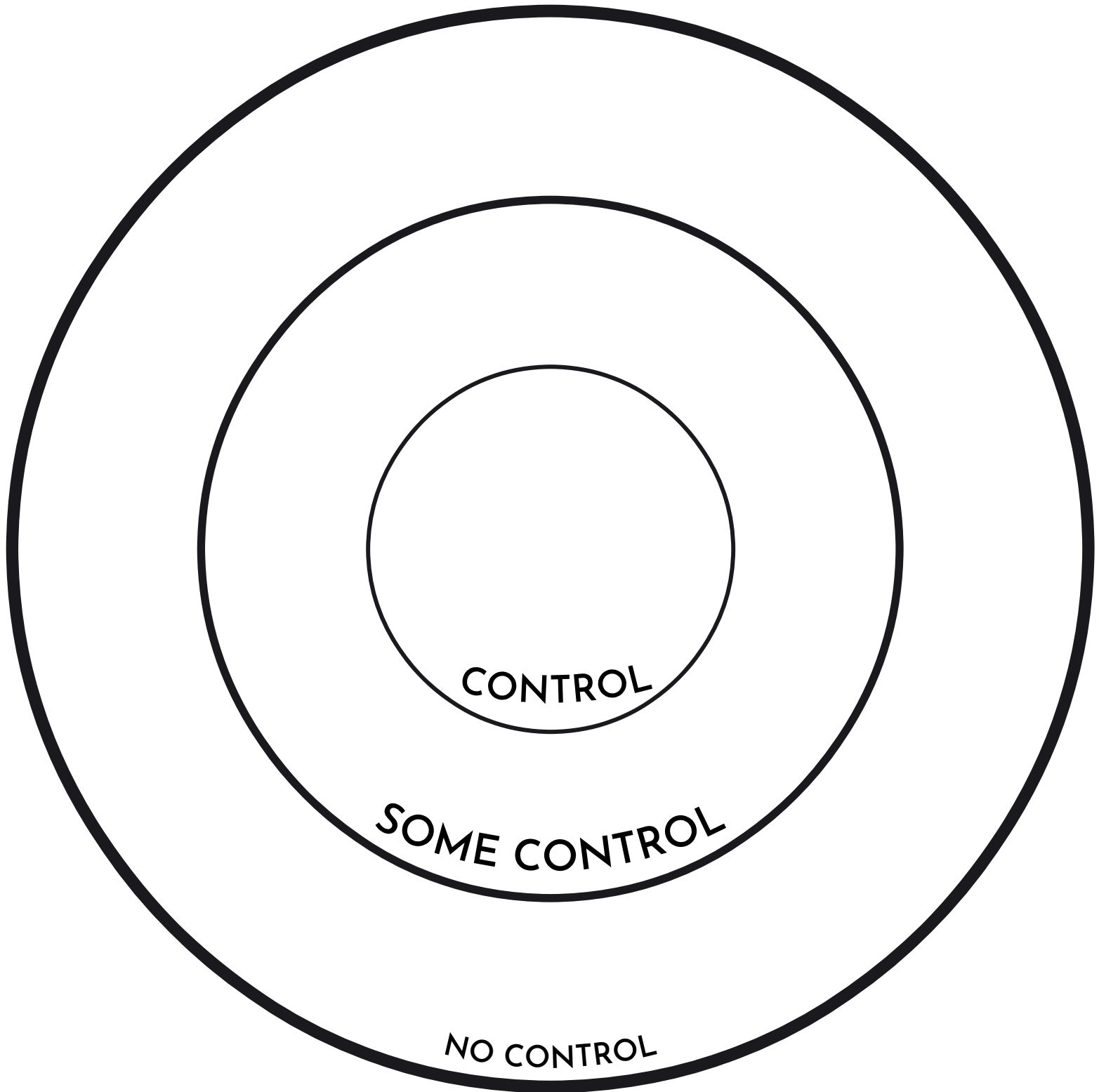
WHEN I FEEL ANGRY...

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:

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

CHAOS	ORDER

EMOTIONAL THERMOMETER PHYSIOLOGICAL INTENSITY

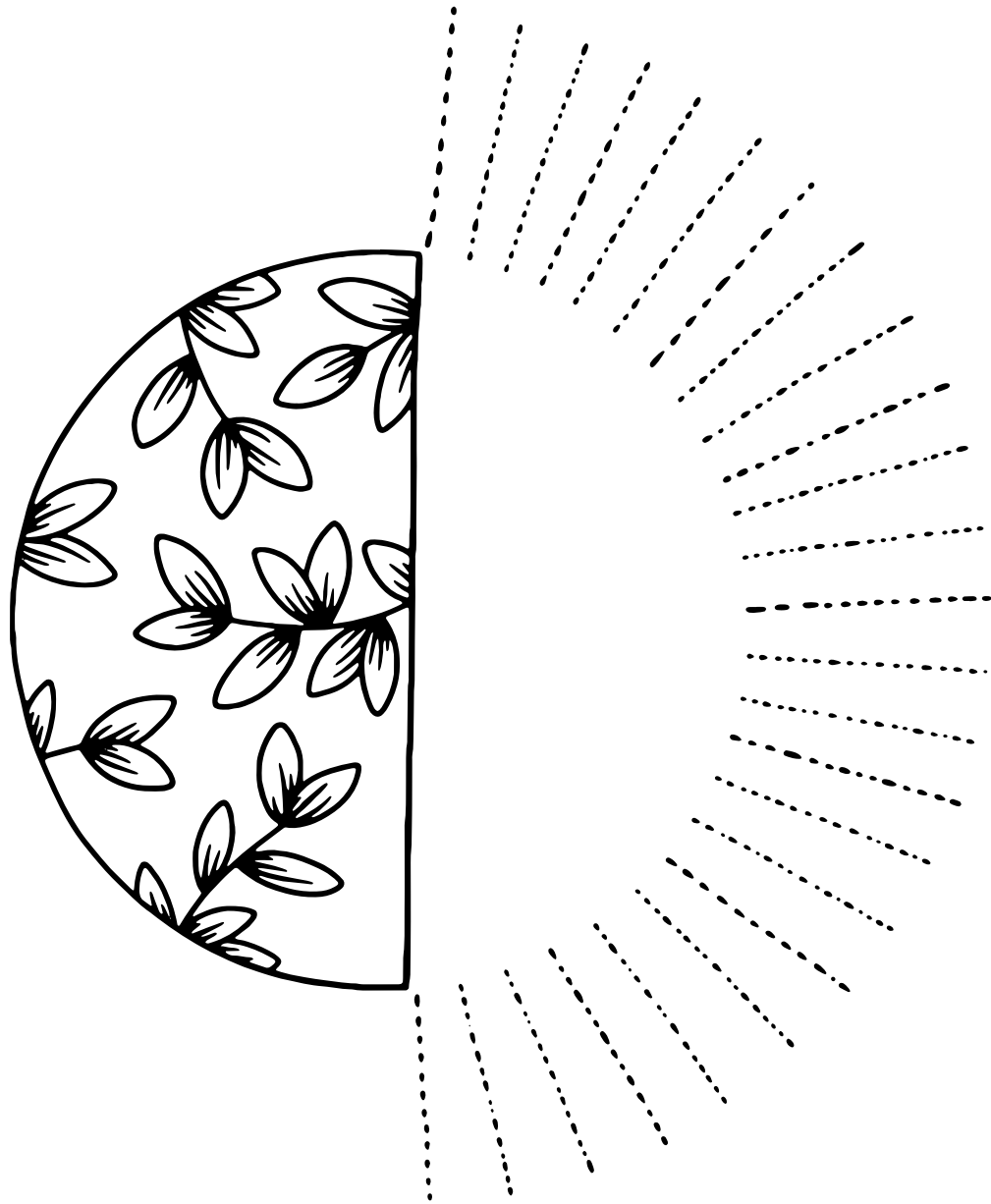
The graphic consists of a vertical thermometer-like scale on the left. It features 20 colored circles stacked vertically, each corresponding to a horizontal line on the right. The colors, from top to bottom, are: dark red, red, orange-red, red, light red, orange, light orange, orange, yellow-orange, yellow, light green, green, lime green, light blue, medium blue, and light blue. The thermometer has a rounded top and a bulb at the bottom. To the right of the scale are 20 horizontal lines for writing notes.

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.

ACTIVITY	IMPACT (0-10)	EFFORT (0-10)

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:

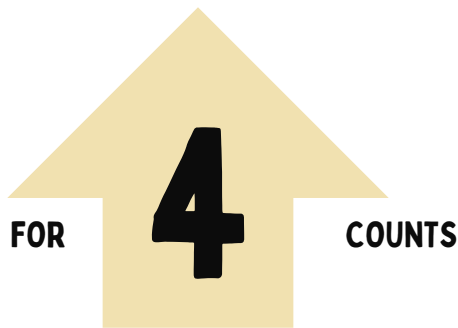
ROLE:

THERAPEUTIC CONCEPT

DEEP BREATHING EXERCISE

SIT OR LIE DOWN

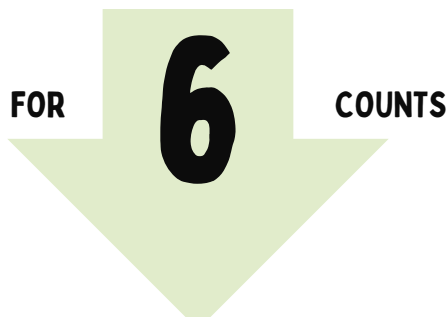
**SOMEWHERE COMFORTABLE. THEN, START BY OBSERVING YOUR BREATH
IN THROUGH YOUR NOSE**



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

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

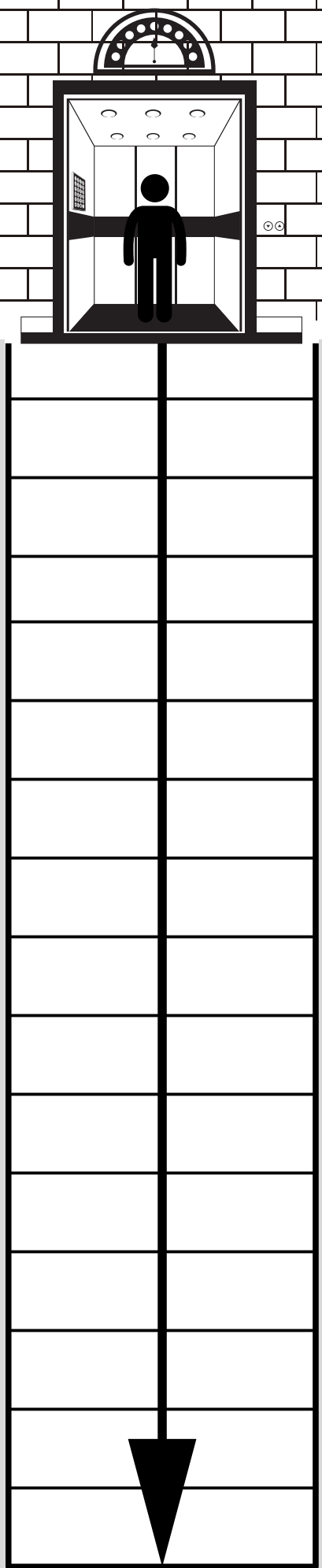
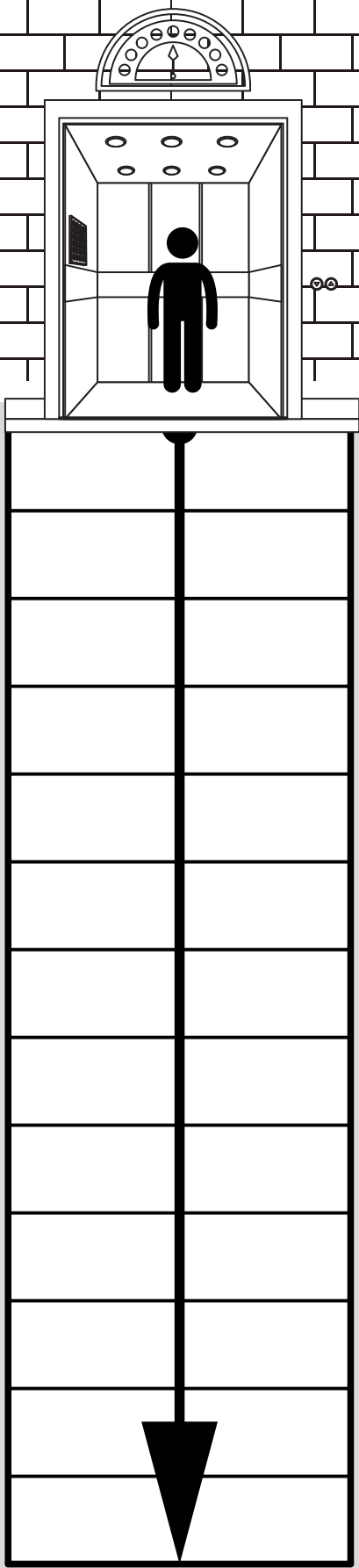
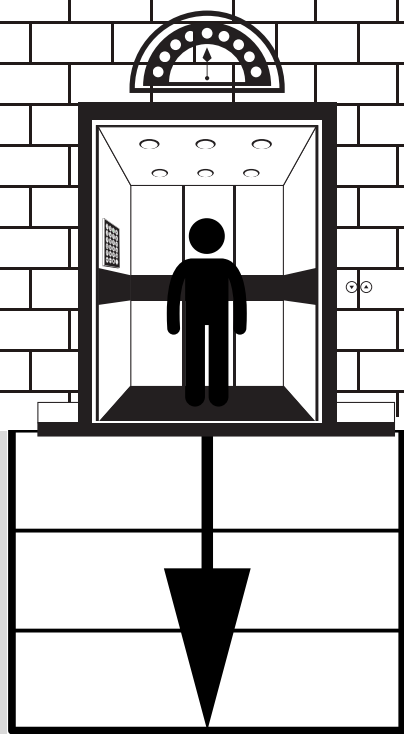
DESCRIBE A TIME WHEN YOU'VE OVERCOME A CHALLENGE.

PERSONAL IDENTITY

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

COMMUNITY

LIST ANY INTEREST ACTIVITIES YOU ARE ENGAGED IN.



**"THE
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

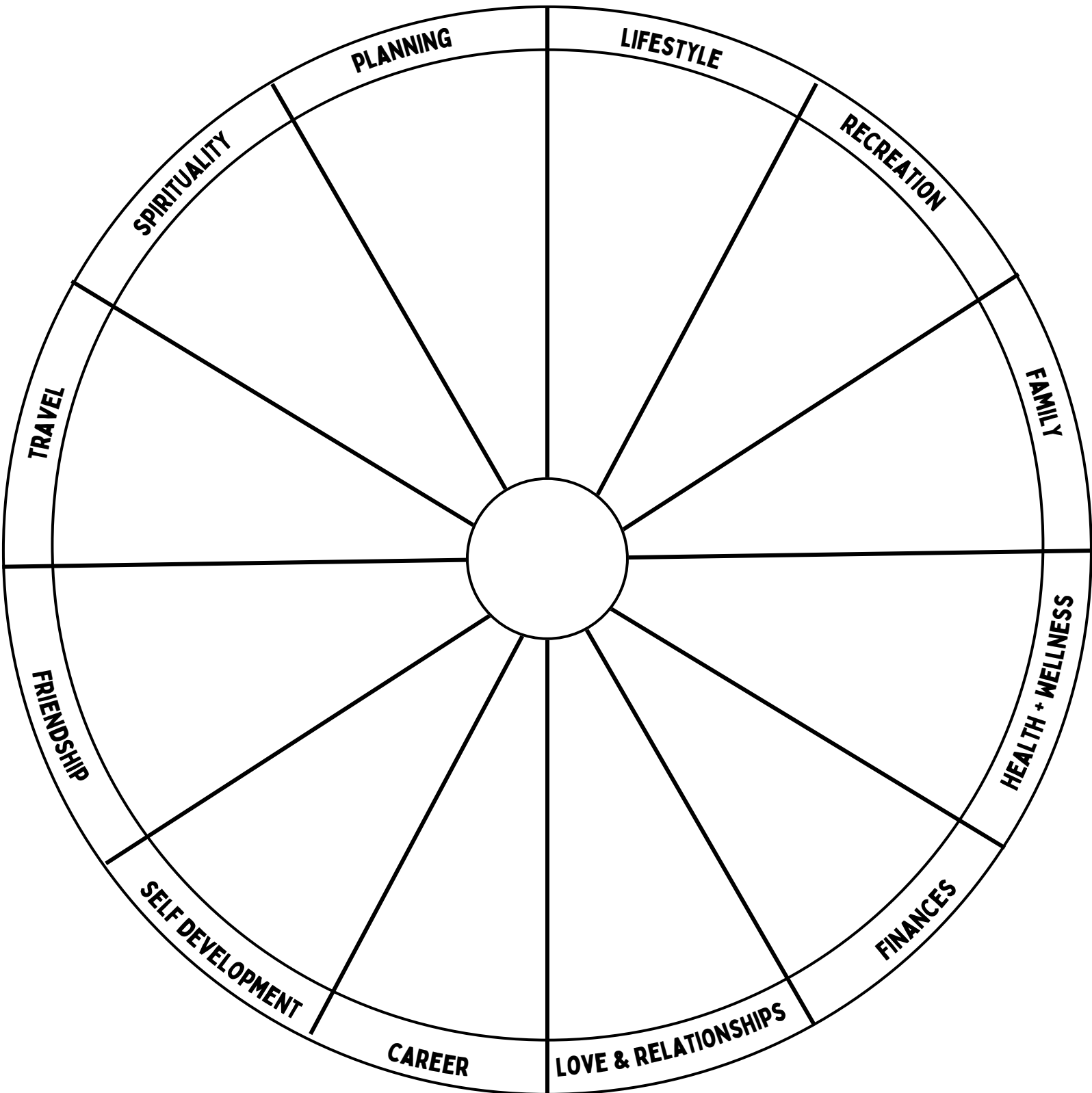
VALUES

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

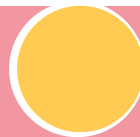
ENSURE THE GOAL
SERVES A RELEVANT
PURPOSE.



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



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="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

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.**

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

GOAL 2

GOAL 3

GOAL 4

GOAL 5

GOAL 6

GOAL 7

GOAL 8

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 :

HEALTH APPOINTMENTS LOG

Date	Description	Healthcare Professional	Notes

TYPES OF

Self-care

PHYSICAL

OCCUPATIONAL

FINANCIAL

EMOTIONAL

**SELF
CARE**

SPIRITUAL

INTELLECTUAL

SOCIAL

ENVIRONMENTAL