

ROUTINE

MENTAL
HEALTH

GRATITUDE

MINDFULNESS

BALANCE

JOURNAL



self care

JOURNAL

name: _____



ROUTINE

Having a daily routine can help anchor us and reduce our stress levels. How do you spend your time..

MARCH, 2020	TIME	TASK
 MORNING		
AFTERNOON		
EVENING 		
SLEEP SCHEDULE		

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MENTAL HEALTH

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When I experience worry, these are some common thoughts I have:

Questions to ask yourself after each thought:

- Is this thought true?
- Do I have evidence that it is true?
- What is the worst-case scenario?
- What is the best-case scenario?
- Is there a different way to think about this?

Anxiety Affirmations

I am stronger than my anxiety.
 This moment will pass and I will be OK.
 I am safe, there is no danger here.

WORRY: A cognitive action when your mind dwells on negative thoughts. Worry can sometimes be good when it motivates us to problem solve or take action.

STRESS: A physiological reaction to an external stressor. Activates adrenaline and cortisol to help our body deal with a threat. Acute stress wears off once the situation resolves but chronic stress can have long-term negative effects on our health.

ANXIETY: This happens in both your mind and your body when you are dealing with a lot of worry and a lot of stress. It is a fight/flight/freeze reaction but there may not be real threat. There is a difference between feeling anxious on occasion and having an anxiety disorder.

Give Thanks

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, appreciate good experiences, improve their health, deal with adversity, and build strong relationships. Write down the things you are thankful for today.

PEOPLE	PLACES	THINGS
1	1	1
2	2	2
3	3	3

Thank You

Think of someone that has helped you and write them a heartfelt thank you. Use your own words but be sure to include the following:

- ◆ The specific ways this person helped you
- ◆ How this person's help benefited you
- ◆ How this person's help made you feel

Dear _____

Gratefully,

Mindful Breathing

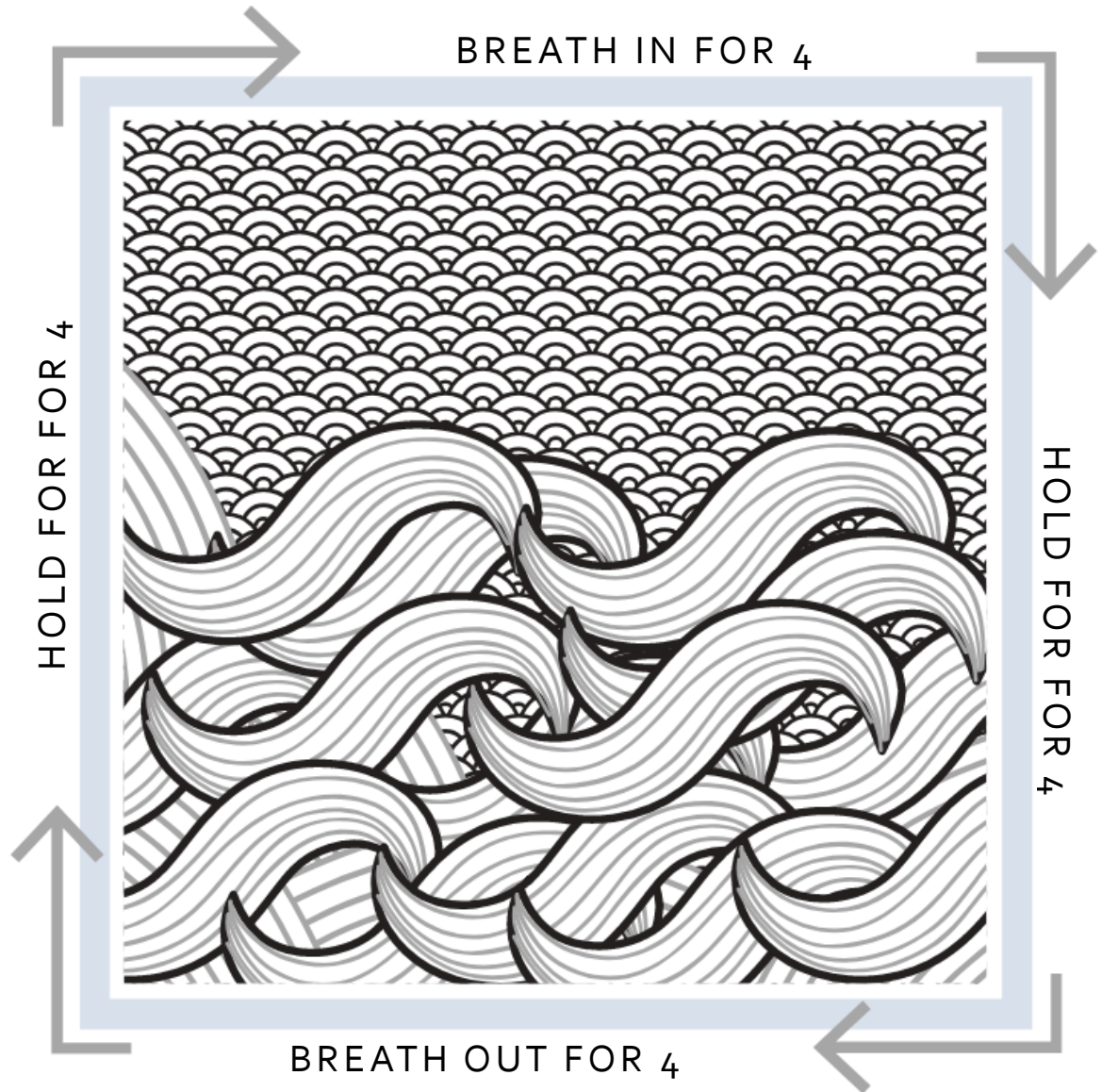
Paying attention to your breath and learning how to manipulate it is one of the most effective ways to lower everyday stress levels and improve a variety of health factors ranging from mood to metabolism. Mindful breathing techniques can help clear your mind, calm your body, and restore your focus.

Square Breathing

While tracing your finger around the square:










- breath in through your nose for a count of 4
- pause and hold breath for 4
- slowly breath out for 4
- pause and hold breath for 4

Repeat sequence at least 3 times .



Color your personal mandala...

COLOR PSYCHOLOGY

	energy, courage, passion
	strength, vitality, protection
	confidence, friendship, success
	enlightenment, joy, enthusiasm
	growth, good fortune, health
	balance, calmness, discovery
	trust, acceptance, faith
	wisdom, magic, inspiration
	creativity, vision, insight

Mandalas, meaning "circles" in Sanskrit, are sacred symbols that are used for meditation, prayer, healing and art therapy for both adults and children. **Mandalas** have been shown in clinical studies to boost the immune system, reduce stress and pain, lower blood pressure, promote sleep and ease depression.

<https://printmandala.com/>

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

