

BE MINDFUL ABOUT WHAT YOU PUT IN YOUR BODY

Mindful definition: conscious or aware of something; focusing one's awareness on the present moment, especially as part of a therapeutic or meditative technique.

Sometimes we try to avoid or numb out intense emotions that make us uncomfortable, like sadness, anger, or anxiety.

Emotions are **SIGNALS** our bodies are communicating to us, letting us know what we need. When we avoid or numb out those emotions, we may be missing out on important signals, therefore, missing out on what we need.

Sometimes we may attempt to avoid or numb out intense emotions with **THINGS** or with **ACTIONS**:

THINGS	ACTIONS
<ul style="list-style-type: none">• Nicotine• Alcohol• Caffeine• Other drugs• Food	<ul style="list-style-type: none">• Watching TV for hours• Scrolling mindlessly on our phones• Eating when we are bored/sad/angry or just not hungry• Sleeping excessively

IMPORTANT NOTE:

The things or actions we do to distract ourselves are not "good" or "bad".

Distractions are **HELPFUL** if they:

- Give us time to calm down,
- Give us time to reflect, AND/OR
- Help solve the problem

Distractions are **UNHELPFUL** if they:

- Make us feel worse,
- Do not solve our problem,
- Make the problem worse, AND/OR
- Prevent us from taking positive action

REFLECT:

1. What feelings tend to be challenging for you OR what feelings do you tend to try and avoid?

- Anxiety Fear of disappointing someone Sadness Worry
 Anger Jealousy Frustration Other _____

2. What strategies have you used to respond to your emotions that have been HELPFUL?

3. What strategies have you used to respond to your emotions that have been UNHELPFUL?

4. Who can you lean on for support when you are having intense feelings?

CHALLENGE:

Use the 5-4-3-2-1 Grounding Technique to ease your state of mind in stressful moments. Acknowledge each your senses by finding:



CHALLENGE:

Practice Mindful Breathing

1. Find a comfy spot.
2. Sit up in a straight, but relaxed way.
3. Close your eyes or look downward.
4. Take a deep breath in through your nose and slowly out through your mouth.
5. Notice how your chest moves up and down with each breath.
6. Relax your legs, arms, and shoulders.
7. Continue to take deep breaths.
8. Start with two minutes of breathing and slowly work up to more if you're able. If you notice your mind start to drift, come back to your breath.