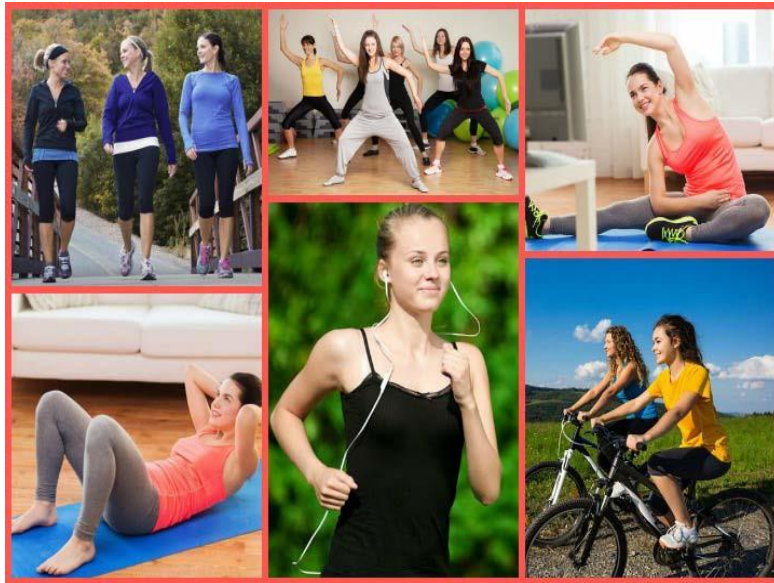


Healthy Living and Mindfulness Workbook for *Stressed Teens*



Northern Michigan Psychiatric Services, PC
3287-A Racquet Club Dr.
Traverse City, Michigan 49684
231-935-0355



MY WELLNESS GOALS AND INTENTIONS

GOALS	INTENTIONS
1.	
3.	
4.	
5.	

WHAT DO I DO IF I FEEL LIKE GIVING UP

- **SELF-VISUALIZATION - VISUALIZE YOURSELF ACCOMPLISHING EACH OF YOUR GOALS. NOTICE THE POSITIVE WAY YOU FEEL.**
- **REMINDE MYSELF OF WHY THIS IS IMPORTANT TO ME!**
- **POSITIVE SELF-TALK - REPLACE NEGATIVE SELF-TALK, (“ILL NEVER BE ABLE TO DO THIS” “I DON’T THINK I HAVE WHAT IT TAKES” “WHY EVEN TRY?”) - WITH POSITIVE SELF-TALK...**
 - I DESERVE TO FEEL GOOD!**
 - I KNOW I CAN DO THIS!**
 - I’M NOT GOING TO GIVE UP!**
 - I HAVE WHAT IT TAKES TO REACH MY GOAL!**
 - I AM COMMITTED TO BEING HEALTHY FOR MY BODY AND MIND!**
 - I AM PROUD OF MYSELF!**
 - IF I TAKE ONE STEP AT A TIME, I WILL GET THERE!**
 - I’VE BEEN WORKING REALLY HARD!**
 - I AM CAPABLE OF DOING ANYTHING IF I SET MY MIND TO IT!**
 - I FEEL GREAT WHEN I EXERCISE!**
 - I FEEL GREAT WHEN I DON’T EAT JUNK FOOD!**
 - I AM A KIND PERSON AND I LIKE HOW IT FEELS WHEN I HELP OTHERS!**
 - IT IS OK IF I SLIPPED-UP! I WILL JUST GET BACK ON TRACK!**
- **IF I SLIP-UP ... DON’T GIVE UP!**
 - FORGIVE YOURSELF!**
 - REMEMBER... SLIP-UPS ARE NORMAL**
 - MAKE A PLAN TO GET BACK ON TRACK**
 - START FRESH - TODAY IS A NEW DAY!**
 - THINK ABOUT WHAT YOU MIGHT TRY THIS TIME TO BE MORE SUCCESSFUL**

SLIP-UPS ARE PART OF LEARNING

SELF-REFLECTION WORKSHEET

WHAT IS GOING WELL FOR ME IN MY LIFE RIGHT NOW?

WHAT WOULD YOU LIKE TO BE DIFFERENT IN YOUR LIFE RIGHT NOW?

WHAT IS GOING ON IN YOUR LIFE RIGHT NOW THAT ISN'T WORKING FOR YOU AND IS POSSIBLY A PROBLEM?

What is Stressing You Out?

Family/ Home Life:

- Not feeling accepted
- Financial
- Responsibilities
- Rules
- Problem between you and your parents
- Conflicts between your parents
- Problem with one of your siblings
- Problem between you and your siblings
- Mental health difficulties
- Medical illness
- Other _____

Friends/Social Life:

- Peer pressure
- Problem with a boyfriend or girlfriend
- My appearance or my image
- Fitting in
- Relationships in general
- Competition
- Other _____

School Life:

- Graduation
- Extracurricular Activities
- Graduation
- Homework
- Grades
- Expectations from parents to do well
- Pressure about college decisions or preparation
- Bullying
- Sports
- Teachers or coaches
- Pressure about my future
- Other _____

Other:

- Social media
- Too much time on technology
- Self-harm
- Figuring out who you are
- Lack of confidence
- Fear of missing out
- Religious or spiritual issues
- Health and fitness
- Time management
- Sexuality
- Sexting
- Gender Identity
- Online bullying
- Concerns about violence or your personal safety
- Other _____

Impermanence ... Stress is Like Clouds Passing By

What stressed you out today?

What stressed you out yesterday?

What stressed you out last week?

What stressed you out last month?

What stressed you out last year?

Chronic Stress



Unhealthy Lifestyle



Disease



Negative Viscous Cycle: Chronic Stress results in unhealthy behaviors:

- Less Sleep
- Unhealthy Eating
- Overuse of Technology
- Sedentary Lifestyle
- Weight Gain/Obesity
- Social Isolation (family, friends, leisure)
- Self-Harming Behaviors/Addictions

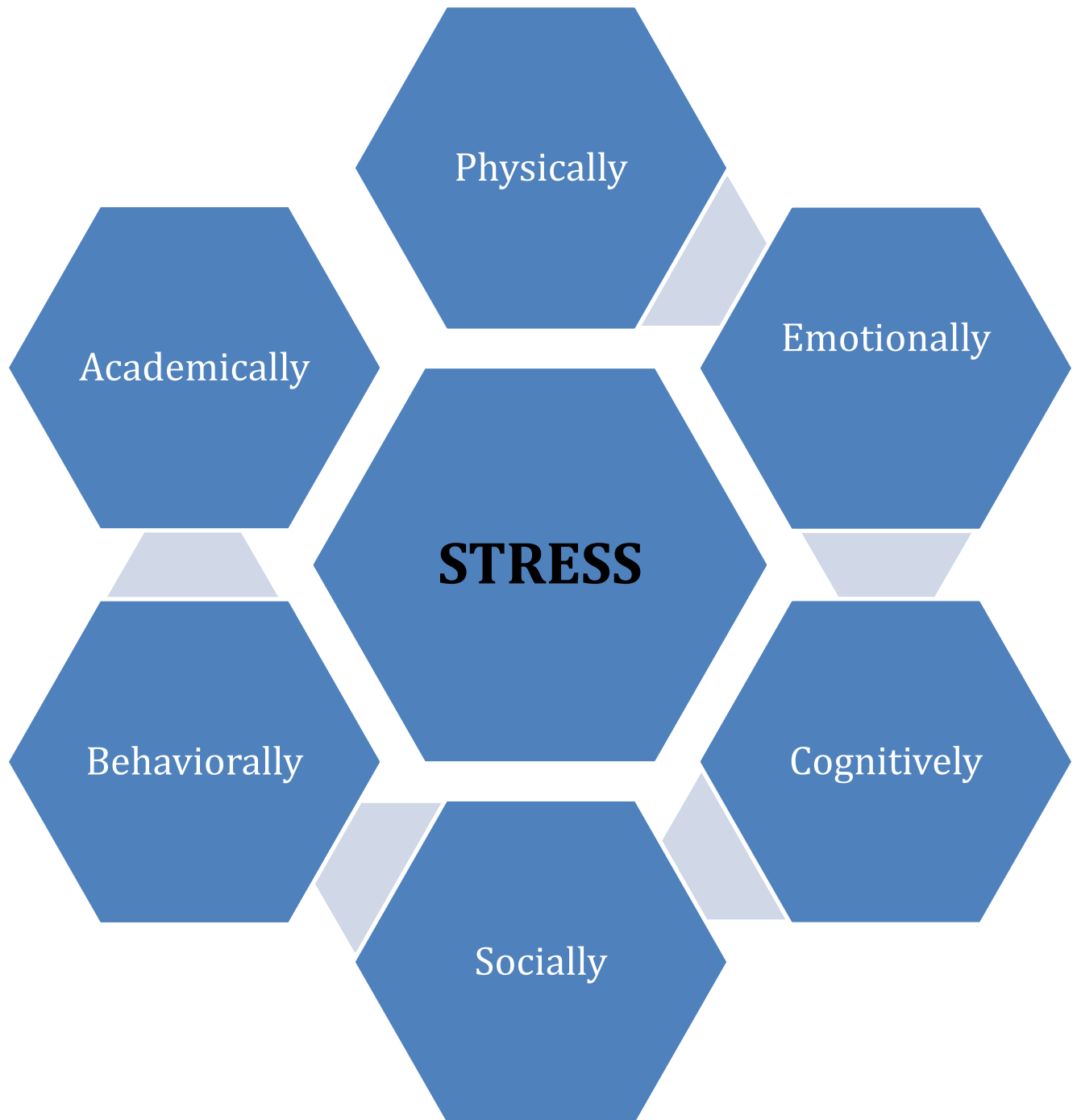


Resulting in **Worsening Mental Health Issues
and Decreased Self-Esteem**

Resulting in **Further Unhealthy Lifestyle Behaviors**

... Resulting in MORE STRESS

**Stress impacts our Body and Mind and the
Quality of Our Life in many ways!**



LEADING A HEALTHY LIFESTYLE IS GOOD FOR OUR BODY AND MIND AND CAN REDUCE STRESS.

WHAT **HEALTHY HABITS** CAN WE ESTABLISH IN ORDER TO LIVE A HEALTHY LIFESTYLE?

IN WHAT WAYS DOES LEADING A HEALTHY LIFESTYLE **POSITIVELY IMPACT OUR BODY AND MIND?**

A Healthy Lifestyle is the Key to Stress Management...

Recommendations for a Healthy Body and Mind Include:

1. Exercise Regularly

- Aerobic Exercise: 3-5 days/week for 30-60 minutes (RPE of 5-8)
- Strength training: 2 days/week
- Stretch: up to every day or at a minimum of after aerobic exercise

2. Be Physically Active Every Day!

- 60-90 minutes

3. Eat Healthy

Eat a well balanced diet, lots of fruits and vegetables (variety of brightly colored), whole grains, low fat proteins and dairy, limit processed foods, junk foods, fast foods, sodas and juices.

*Drink 8 glasses of water each day!

4. Be Thoughtful With Your Use of Technology

Limit recreational screen time: time checking iPhone, time on social media and internet, and time spent playing video games. Instead replace this with healthy behaviors like physical activity, reading, being with nature, or spending 1-on-1 time, with, friends and family.

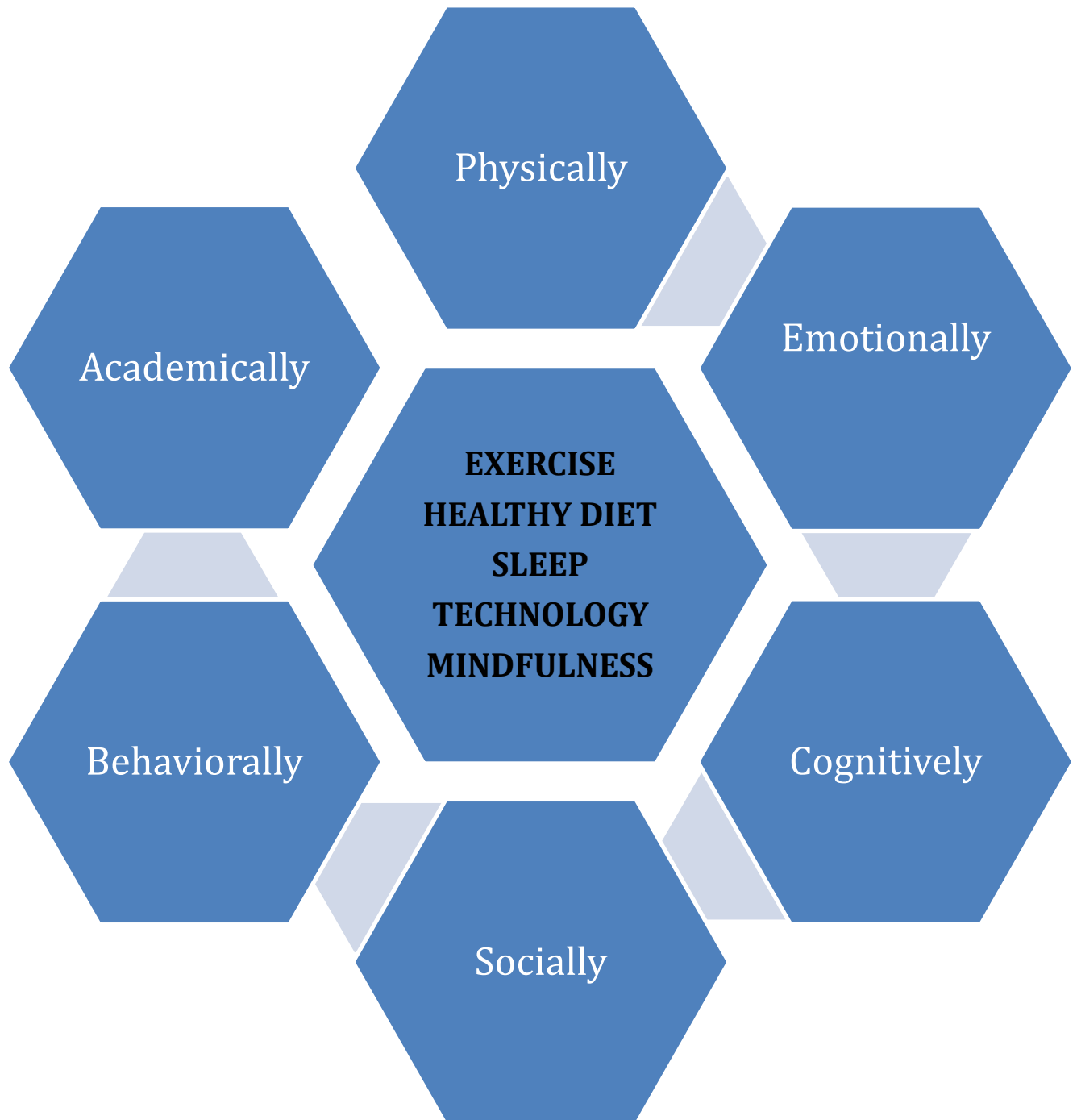
5. Get Enough Sleep 7-9 Hours!

Develop a calming sleep routine: turn off technology 1-2 hours before bed, hot shower or bath, read, do yoga, meditate, journal, play a game or talk with family members.

6. Incorporate Mindfulness into Your Day - Everyday!

Journal and meditate daily, be fully engaged in and notice the present moment, slow down, breath, respond wisely instead of reacting, practice compassion, kindness, acceptance and patience.

Choosing Healthy Behaviors Impacts the Quality of My Life!



Leading a *Healthy Lifestyle*
- taking care of my Body and Mind -
helps me to **Cope Better With Stress!**

BENEFITS OF LIVING A *HEALTHY LIFESTYLE...*

- IMPROVES SELF-ESTEEM
- DECREASES ANXIETY AND STRESS
- IMPROVES MOOD
- DECREASES DEPRESSION
- IMPROVES SLEEP
- INCREASES ENERGY
- IMPROVES SOCIAL CONNECTIONS
- IMPROVES QUALITY OF RELATIONSHIPS
- PREVENTS SOCIAL ISOLATION
- IMPROVES FOCUS AND ATTENTION
- IMPROVES MEMORY
- HIGHER ACADEMIC ACHIEVEMENT
- MANAGES WEIGHT
- INCREASES STRENGTH
- INCREASES ENDURANCE
- INCREASES FLEXIBILITY
- IMPROVES AGILITY
- IMPROVES BALANCE
- BETTER PERFORMANCE WITH SPORTS
- PREVENTS INJURY
- PREVENTS DISEASE!
 - *DIABETES*
 - *STROKE*
 - *CARDIOVASCULAR DISEASE – HEART ATTACK*
 - *OBESITY*
 - *HYPERTENSION – HIGH BP*
 - *HYPERLIPIDEMIA –HIGH CHOLESTEROL*
 - *OSTEOPOROSIS – FRAGILE BONES*
 - *CANCERS*
 - *PULMONARY DISEASE*
 - *MUSCULOSKELETAL DISEASES*

Resiliency:

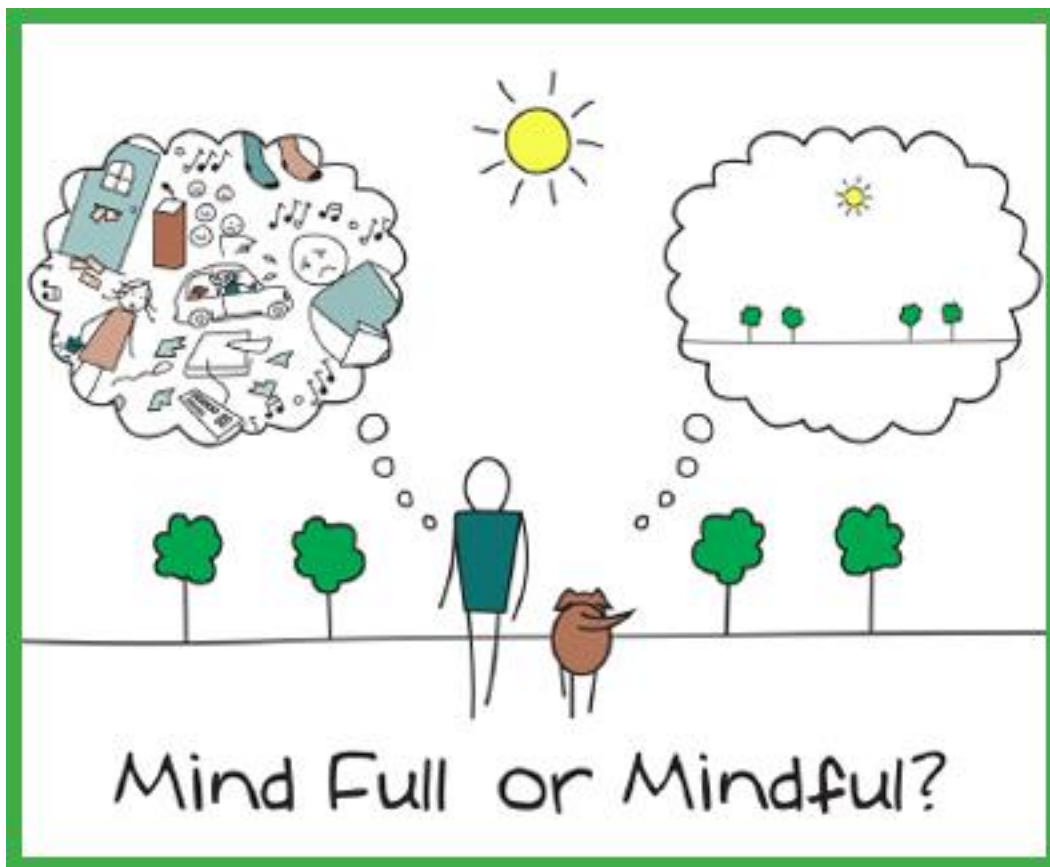
Developing the essential tools necessary to be able to recover or bounce back quickly from emotional and/or physical trauma or stress.



To be able to meet life's ongoing challenges

Mindfulness

Paying attention, on purpose,
to the present moment - without judgment.



Mindfulness

*Paying attention, on purpose, to your thoughts, feelings, bodily sensations, and surroundings in the present moment
- with curiosity and kindness, and without judgment -*

When I am mindful I am more.....

When I am not mindful I am more.....

Why practice mindfulness?

Using My Five Senses

1. First check in with your Body/Breath/Mind
 2. Now take 3 slow full breaths – pausing for a moment or two at the bottom of your out breathe. Notice each breath through completion.
 3. Use your 5 senses to help anchor you to the present moment (first listen, then smell, then see, then feel, lastly taste)
-

What do I hear?

What do I smell?

What do I see?

What do I feel?

What do I taste?

When I stop, pause and mindfully pay attention to what is happening at this very moment, using 1 or more of my 5 senses, what happens to the constant chatter in my brain...to my strong emotions...to my stress level?

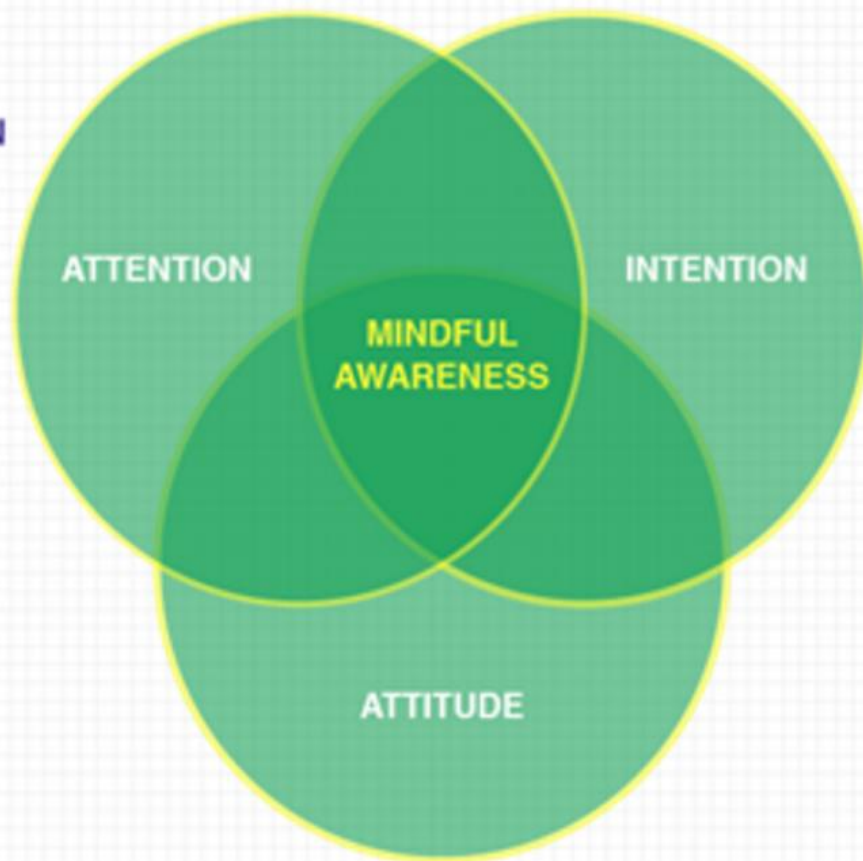
Benefits of Practicing Mindfulness

People who regularly implement mindfulness strategies may find lasting physical and psychological benefits such as:

- Increased experience of calm and relaxation
- Higher levels of energy and enthusiasm for living
- Increased self-confidence and self-acceptance
- Decreased stress
- Decreasing symptoms of ADHD, OCD, PTSD, depression, anxiety
- Better control of addictive behaviors
- Greater ability to “let go” of unnecessary negative baggage or obsessions/compulsions.
- More compassion, kindness, forgiveness and gratitude towards themselves and others.
- Pain Management
- Greater ability to regulate emotions

**PAYING
ATTENTION**

**ON
PURPOSE**



**IN THE PRESENT MOMENT,
NON-JUDGMENTALLY**

Adapted from Shapiro et al. (2006) J. Clin. Psychol.

List of Mindful Qualities

- Awareness
- Acceptance
- Beginner's Mind
- Openness
- Curiosity
- Non-Judgmental
- Non-Bias
- Patience
- Empathy
- Compassion
- Loving Kindness
- Forgiveness
- Gentleness
- Kindness
- Thoughtfulness
- Respect
- Gratitude
- Appreciation
- Self-Gratitude
- Self-Compassion
- Self-Kindness
- Authenticity
- Letting Go
- Peacefulness
- Being vs Doing
- Non-Striving
- At-Ease
- Reframing
- Intention

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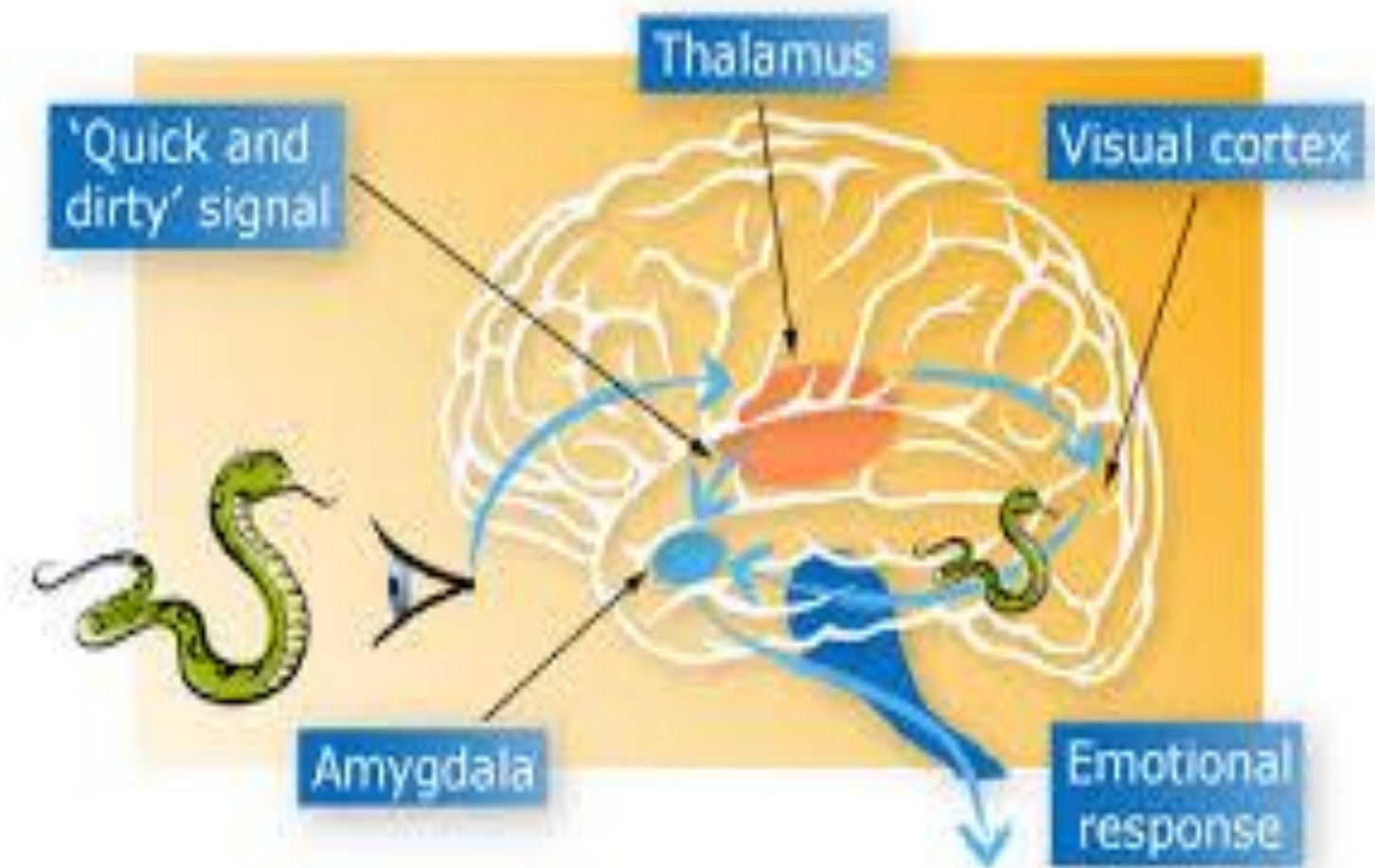
Kindness

Compassion

Acceptance

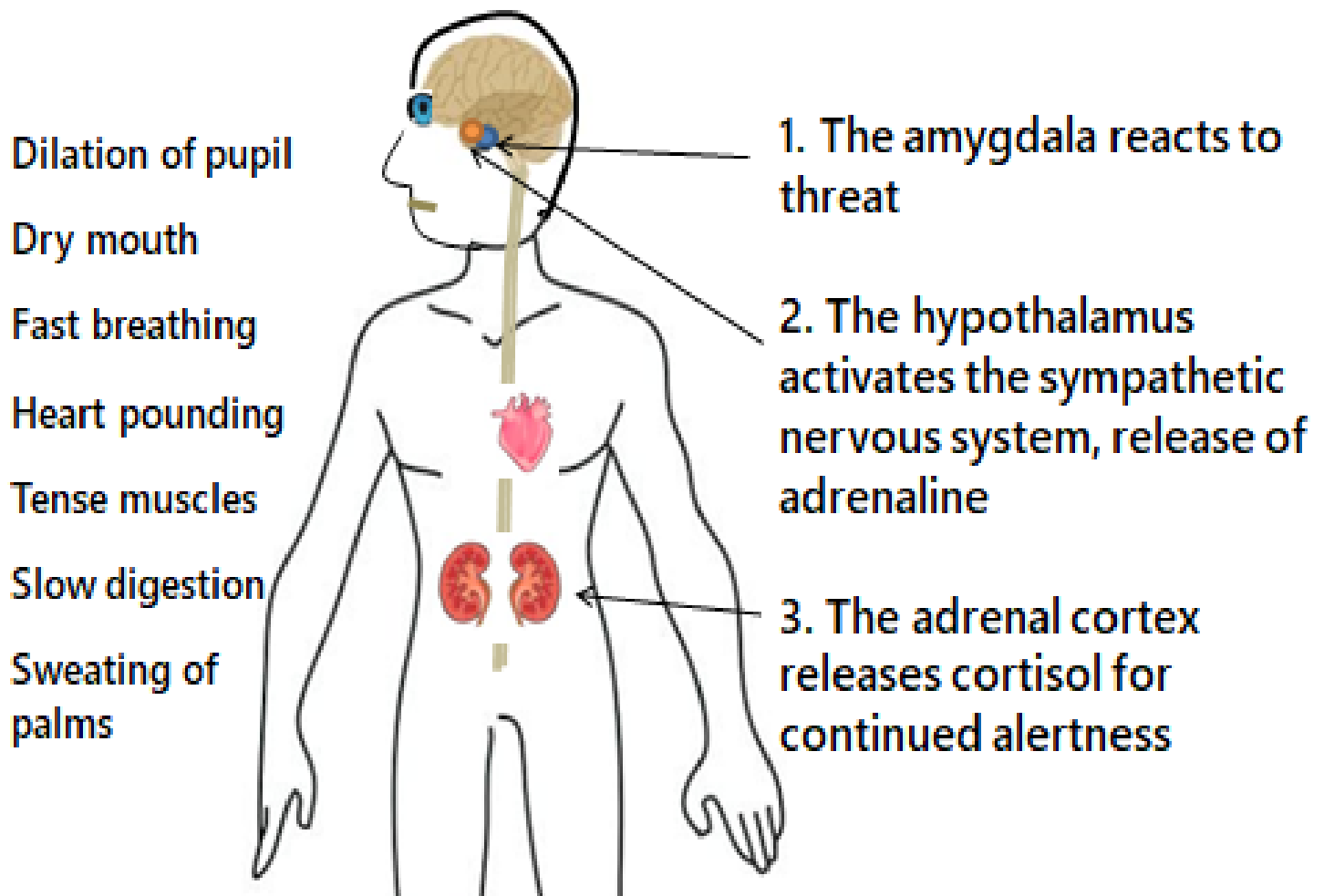
- Accepting myself for who I am
- Accepting others for who they are
- Accepting things the way they are

Fight Flight Freeze Response



Physiological Responses to the Fight Flight Freeze Response

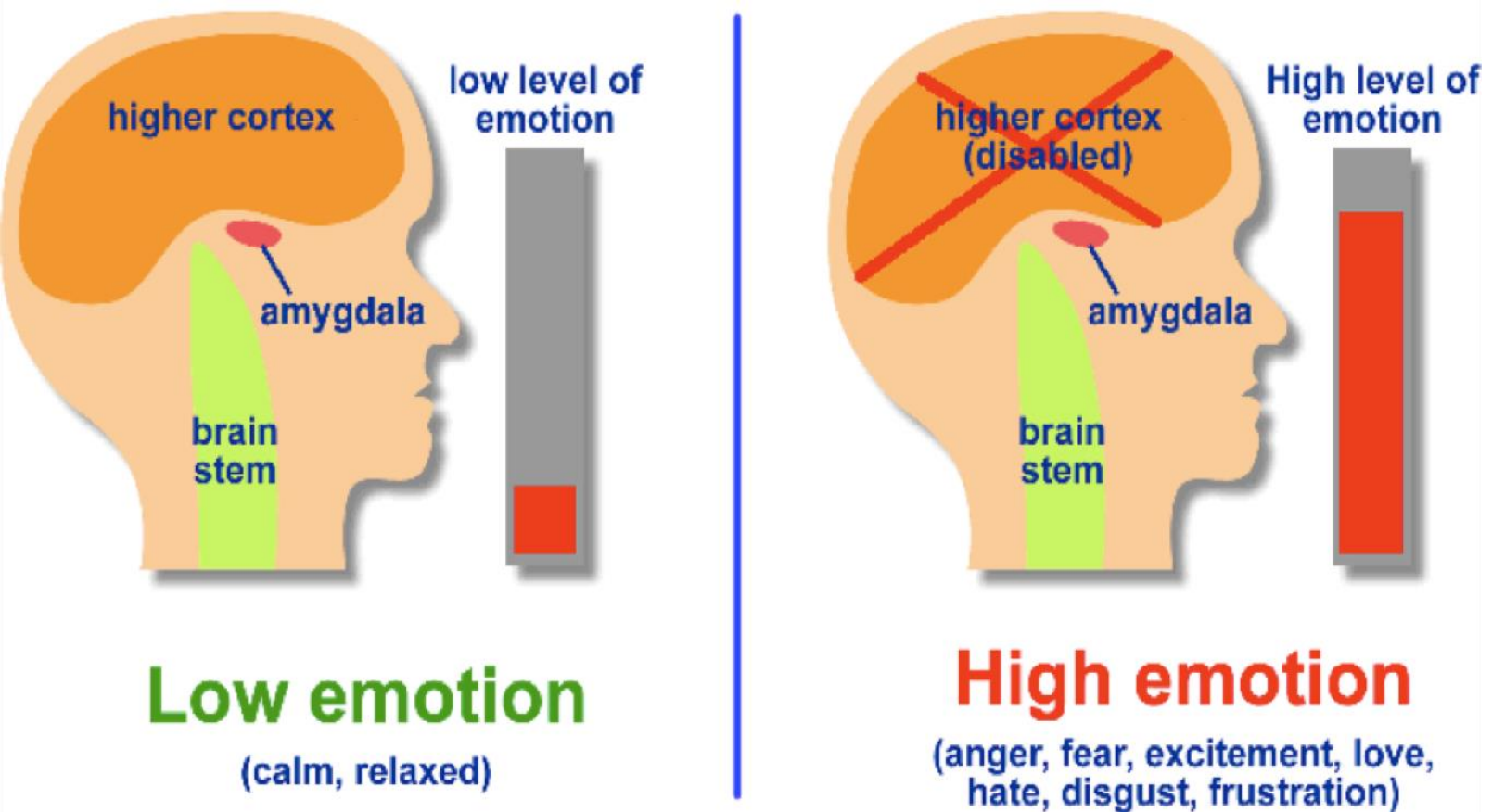
The fight or flight response



**FALSE
ALARM**

Strong Emotions Also Trigger Our Fight Flight Freeze or Stress Response

Amygdala Hijacks our Pre-frontal Cortex



Obstructs Conscious Awareness to our 5 senses



REACT vs
Respond

RESPOND

REACT

Deliberate



Aware



Solution
based
Resolution

{ Feelings
Needs }

Impulsive



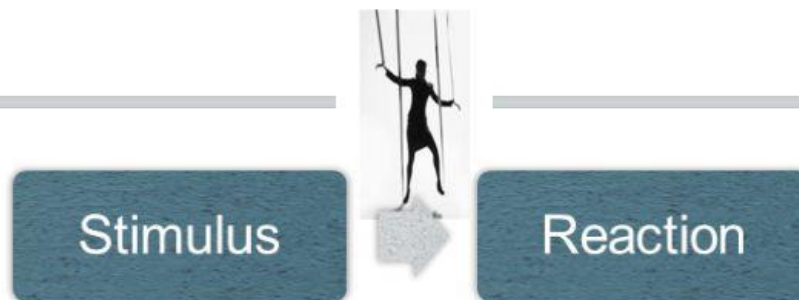
Unaware



Trouble
Doubt
Problem

©Arlene Rosenberg

Without Mindfulness:



With Mindfulness:



© 2004-2013 100Hours Foundation

Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.

- Victor Frankl, psychiatrist and holocaust survivor



Fight or Flight Response

Survival mechanism allowing us to be able to react quickly without the need to take time for rational decision making!
Our Amygdala hijacks our Frontal Cortex. Cortisol levels rise...

Physiological Responses - REACT

heart beats faster, breath quicker, muscles tense up, begin sweating

- **Stress and high emotions can trigger this same response...**

What can you do to calm this physiological reactivity?



STOP...

1. **RECOGNIZE Body- Mind Connection**

- Red Flags -physiological changes
- Thoughts and emotions
- Label emotion

2. **BREATH, FOCUS**

*ANCHOR TO the present moment using your breath, your body one or more of your 5 senses

- **Opens** space in your head -
Filters information to your prefrontal lobe where rational thinking and decision making occur
- **See** emotions with a clearer lens using **wisdom** and **clarity of mind** - understand your emotions better!

3. **REFRAME and RESPOND**

- **Rational Decisions –New Perspectives – Fresh eyes**
Wisdom, Acceptance, Kindness and Compassion

***This way we Respond thoughtfully
instead of Reacting impulsively to our emotions!**



TAKE A MOMENT TO BREATHE

S

STOP

Stop what you are doing for a minute and take stock of your thoughts, feelings & sensations in the present moment.

T

TAKE A DEEP BREATH

Focus your attention on your breathing. Don't try to alter it, just try to be aware of your breathing.

O

OBSERVE

Expand your awareness from your breath to the rest of your body. Observe thoughts, feelings, sounds, smells, body posture and sensations, continuing to take deep, relaxing breaths.

P

PROCEED

Use this awareness of the present moment to proceed with the task at hand.

This simple mindfulness-based exercise takes minutes to practice and is excellent for bringing down your stress level. It encourages you to create some breathing space in your daily routine, allowing you to fully come back into the present moment, and respond from a position of choice rather than mechanical habit.

www.mymindoasis.com

Do It Mindfully ...

One day this week pick an Everyday Activity and do it mindfully.

(such as; washing hands, brushing teeth or hair, washing dishes, showering, eating)

1. First bring awareness to your breathing – 3 slow breaths pausing for a moment or two at the bottom of the out breath
2. Next bring awareness to your 5 senses as you slowly perform this activity

What is your everyday activity that you will be doing mindfully?

Before you begin, notice how you feel...what are your emotions... what are you thinking... any red flags or physiological signs of stress?

After you finish, notice how you feel...what are your emotions... what are you thinking... how is your breathing... any red flags or physiological signs of stress?

Cultivating Self-Care

- Getting enough sleep
- Limiting use of technology
- Eating healthy
- Regular exercise
- Regular meditation
- Being kind to yourself
- Surround yourself with those who care about you
- Be with nature
- Do things you enjoy

Researched Effects of Too Much Technology

Recommended to get less than 2 hours of recreational screen time
each day

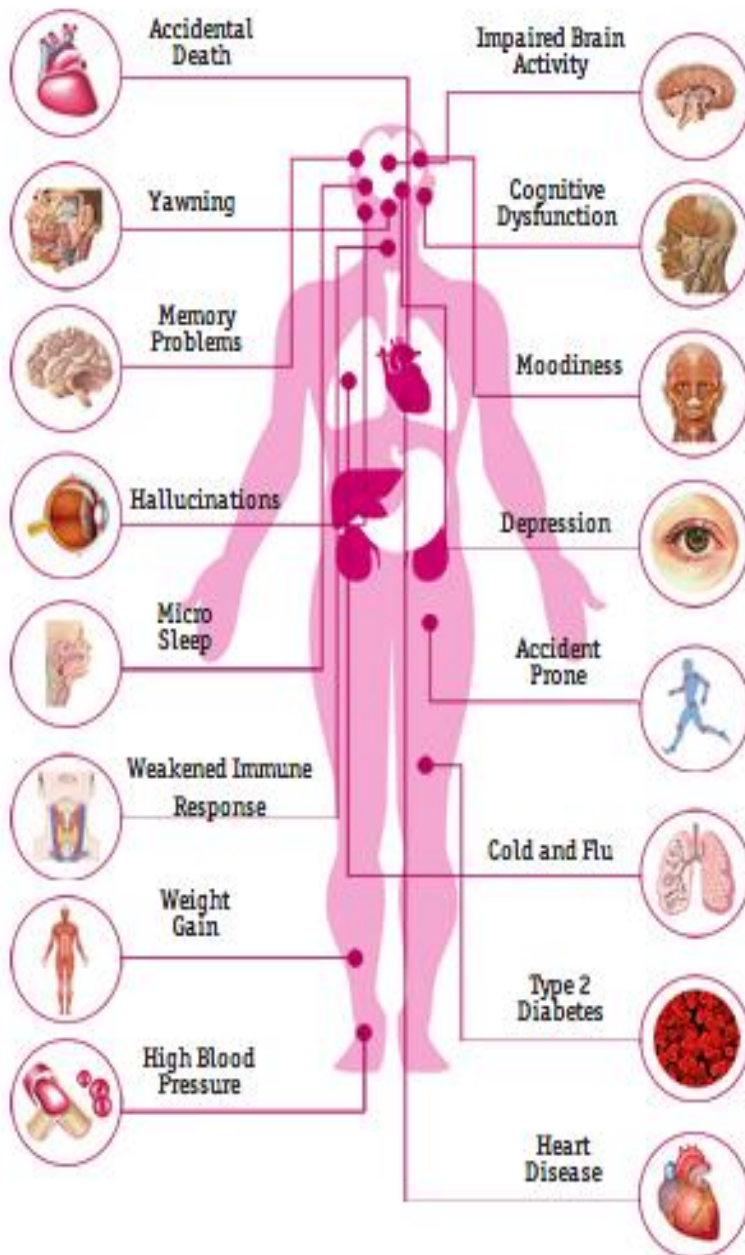
- ▶ Decreased quality of relationships (less face-to-face contact)
- ▶ Increased bullying
- ▶ Increased drama
- ▶ Increased distractibility - decreased attention and focus
- ▶ Increased peer pressure/conforming
- ▶ Presenting unrealistic views of other's live
- ▶ Increased anxiety, stress, depression, lowered self-esteem
- ▶ Sedentary Behavior
- ▶ Weight gain and obesity
- ▶ Illness and disease
- ▶ Decreased sleep and quality of sleep

Technology Addiction!

SLEEP

Recommend:

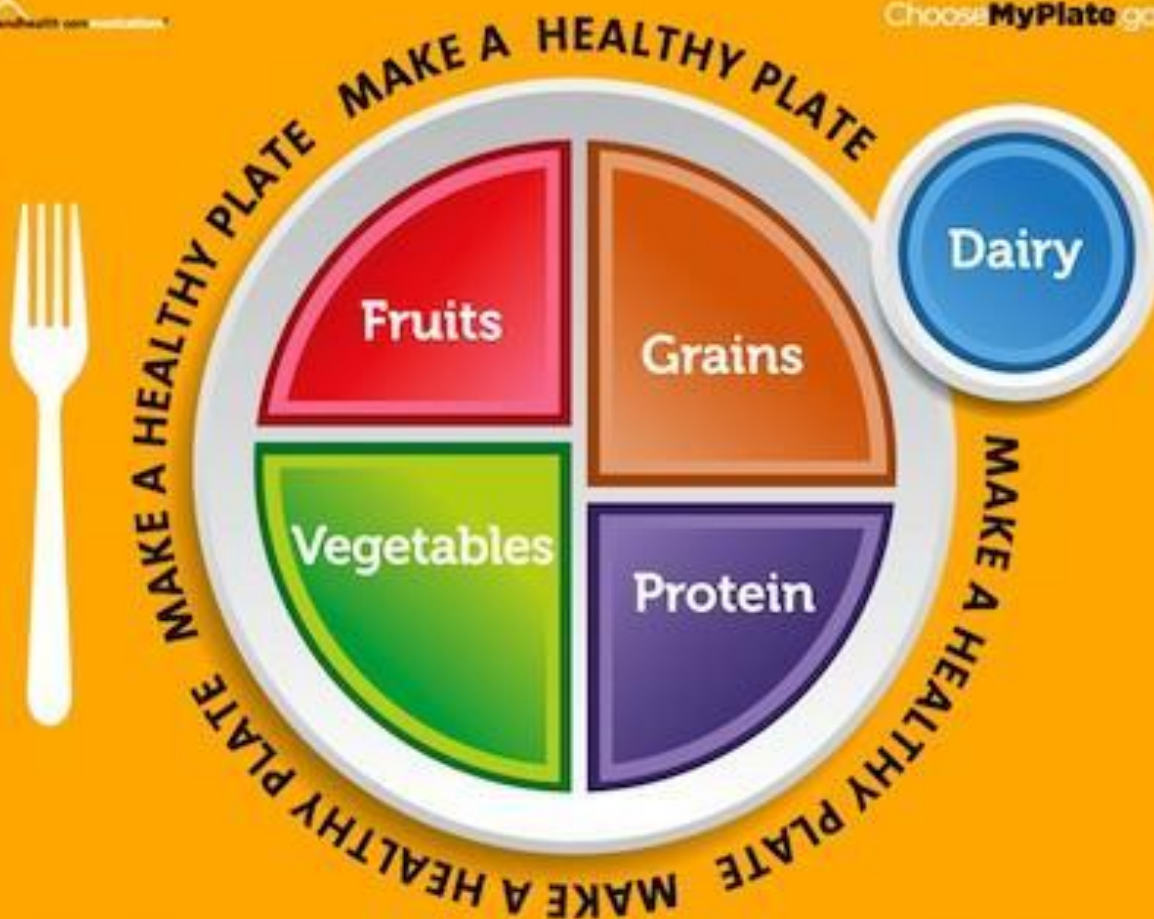
- 7-9 hours
- Develop a Calming Sleep Routine
- Technology off 1-2 hours before bed



**Researched
Effects of
Sleep Deprivation
have
demonstrated ...**

Tips for a Healthy Diet and Weight Management

1. **Eat lots of Fruits and Vegetables** - variety of colors
2. **Eat Whole Grains vs. Refined Grains**- whole grains such as brown rice, whole grain bread, and oatmeal
3. **Eat Lower Fat Foods** - avoid greasy, fried foods, heavy dressings and trans-fats - limit saturated fats
4. **Don't Drink Your Calories**- avoid fruit juices, sodas and sport drinks. Drink 8 glasses of water each day!
5. **Eat Healthy Snacks** - eat REAL FOODS, avoid junk food and processed foods.
6. **Decrease Overall Sugar Consumption**
7. **Limit Fast Food Consumption** - Eat well-balanced meals at home, or packed from home, if possible
8. **Exercise Regularly!**



Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.

Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.

Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.

Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.

Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.

Keep choices low in fat, sodium and sugar.



Healthy Snack Ideas

Always have plenty of cut up vegetables and fresh fruit available and ready to serve for a snack.

Adding a protein and carbohydrates is filling and sustainable.

1. **Fruit and Cheese Cabob** - put your favorite cut up fruits and cheeses on a skewer stick
2. **Yogurt Parfait** – vanilla yogurt with berries and granola
3. **Cottage Cheese and Melon or Your Favorite Fruit**
4. **Home Made Trail Mix** – mix your favorite nuts, dried fruits, granola and a little bit of dark chocolate.
5. **Frozen, Nutty -Yogurt Bananas** – roll a banana in nuts and freeze for 45 minutes, then roll in your favorite yogurt and roll in more nuts or granola and freeze again!
6. **Frozen Yogurt Popsicles** - cut up large pieces of fruit and berries and places them in a plastic cup. Stir in yogurt, granola or 100% juice. Put in freezer on a tray upside down with a Popsicle stick.
7. **Hummus with Cut-up Vegetables and Pita**
8. **Turkey Roll-ups** – simply roll up a piece of sliced turkey around a carrot stick and enjoy

9. **Peanut Butter/Nut Butters and Sliced Apples**
10. **Cut-up Vegetables and Low Fat Ranch Dressing**
11. **Hard-boiled Eggs Sliced on Whole Wheat Crackers**
12. **Fruit Smoothie** – blend yogurt and/or almond milk with your favorite berries or fruit
13. **String Cheese**
14. **Healthy or Homemade Granola Bars**
15. **Cut-up Veggies and Guacamole**
16. **Nut Butter/Peanut Butter on Whole Grain Toast with Sliced Banana or Apple on Top**
17. **Cucumber Sandwiches** – cut up cucumbers in slices and place hard boiled egg slices, hummus, cheese, avocado slices, lettuce... in between 2 cucumber slices
18. **Frozen - Yogurt Grapes** – dip grapes in vanilla yogurt and place on a small baking sheet or plate. Place in the freezer.
19. **Mini Variety Tortilla Wraps** – Prepare a few tortilla wraps into rolls with different combinations of turkey, hummus, lettuce, tomato, spinach, avocado, cheese, nut butters, honey. Slice each tortilla roll into 3-4 bite size pieces and place variety on a plate for snack.

Recommendations for Exercise and Physical Activity

- **Aerobic Exercise** 30-60 minutes of 4-7 days each week (RPE 4-8)
- **Physical Activity** 60 minutes of Daily
- **Strength Training** 2 days per week
- **Stretching** or yoga daily or after aerobic exercise

Consistency is the Key!

Make Exercise Fun!

Exercise with friends or family!

At least **60** minutes of moderate- to vigorous-intensity aerobic activity **Every** day



© 2016 Learn more at heart.org/KidsActivityRecommendations.

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **At least 5 days** per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **At least 3 days** per week for a total of **75** minutes

or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity **At least 2 days** per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

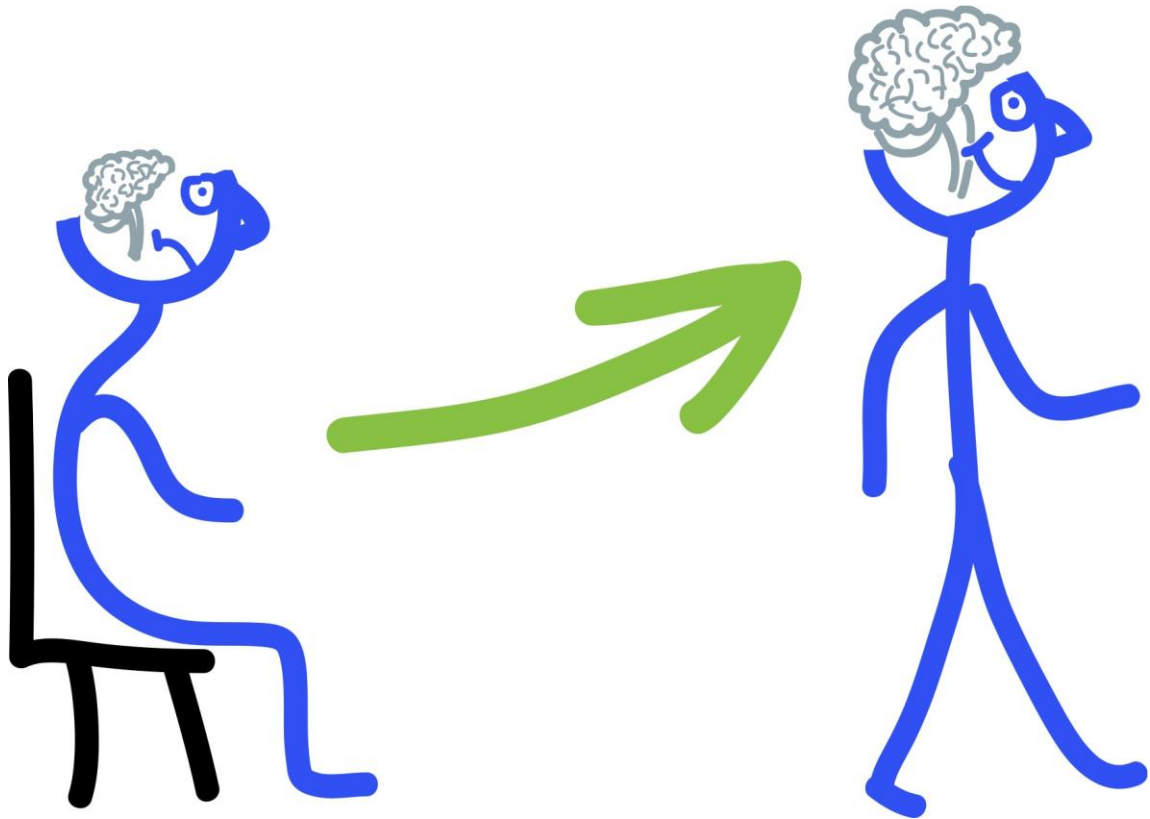
An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3 or 4 days** per week

© 2015 Learn more at heart.org/ActivityRecommendations.

RPE Chart

Rate of Perceived Exertion

10	Max Effort Activity Feels almost impossible to keep going Completely out of breathe, unable to talk
9	Very Hard Activity Very difficult to maintain exercise intensity Can barely breath & speak a single word
7-8	Vigorous Activity On the verge of becoming uncomfortable Short of breath, can speak a sentence
4-6	Moderate Activity Feels like you can exercise for hours Breathing heavily, can hold short conversation
2-3	Light Activity Feels like you can maintain for hours Easy to breathe & carry a conversation
1	Very Light Activity Anything other than sleeping Watching TV, riding in a car, etc.



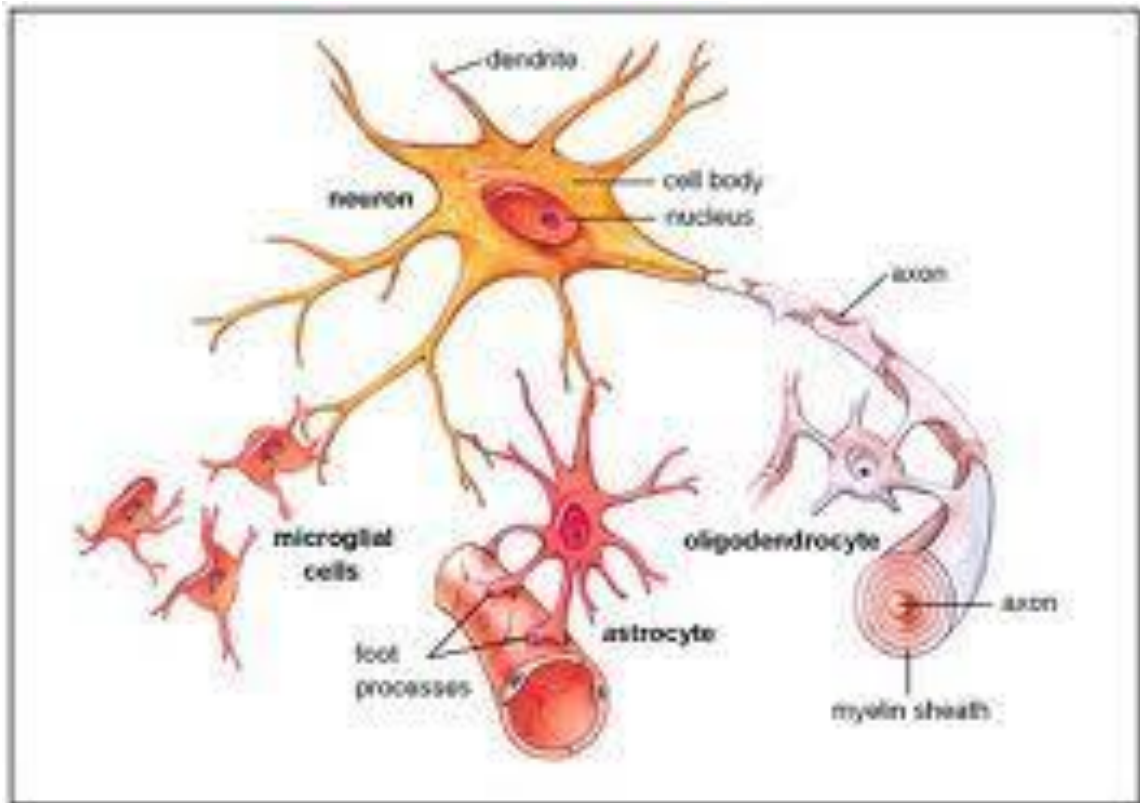
**EXERCISE AND MEDITATION
ACTUALLY
INCREASE THE SIZE OF OUR BRAIN!**

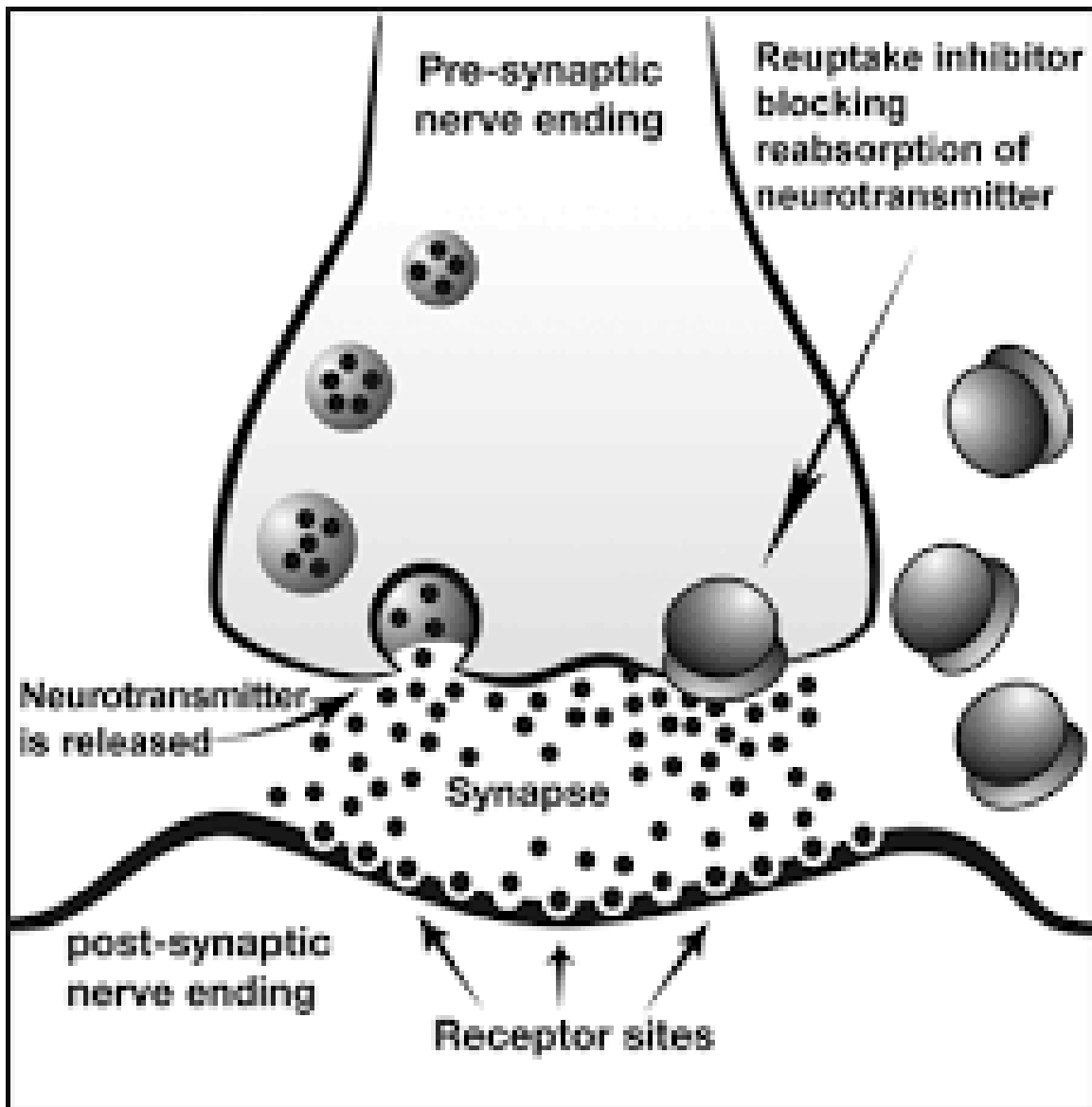
Neurogenesis

Growth of new nerve cells!

Exercise and meditation stimulate the release of:

1. Brain Derived Neurotropic Growth Factors BDNF
2. Insulin Growth Factor IGF-1

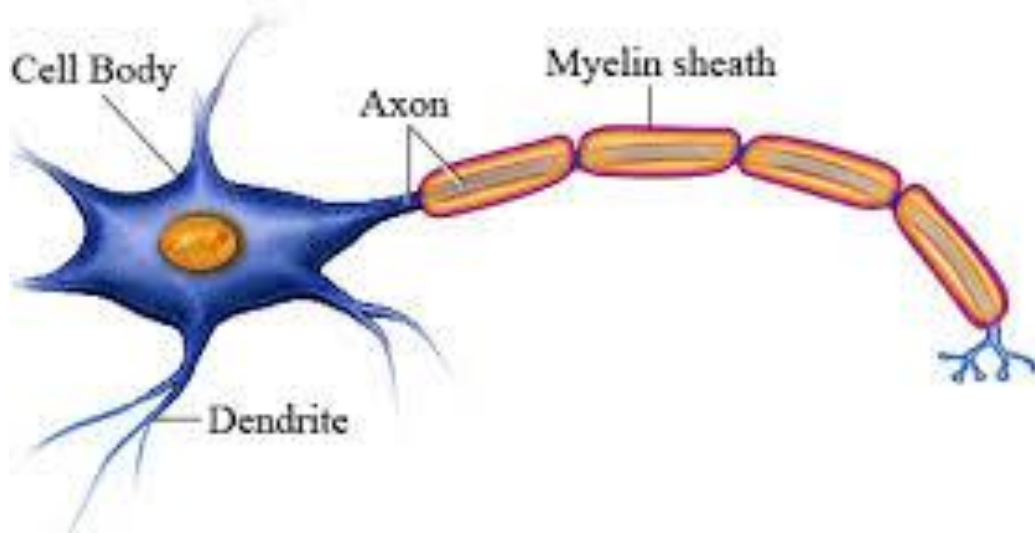




Exercise actually produces
More Neurotransmitters
at the receptor site!

Exercise and meditation
Thickens the Myelin

of our axons!



© HealthVest, Incorporated

Messages travel

QUICKER

throughout our nervous system

Faster Speed of Processing!

Mindful Exercise Log

Before I Exercise	After I Exercise...
--------------------------	----------------------------

DATE	EXERCISE (Type, Time) <small>aerobic , strength training, yoga</small>	What am I thinking right now? How do I feel right now?	What am I thinking and feeling now?

Mindful Food Log

DATE _____

Before I Eat...	After I Eat...
------------------------	-----------------------

FOOD	What am I thinking and feeling right now?	Am I hungry? 0-10	What am I thinking and feeling now?	Did I appreciate my food?

Self-Care Tips to Decrease Stress

- **Don't Feed Negativity!**
Bring Awareness to Your Thoughts
Ask yourself; "Is this negative thought helping me?"
If not ... "Let It Go" and come back to the present moment
- **Choose to Feed Positivity!**
Journal "3 Things you are grateful for" every day and "3 best things that happened in your day" every night
- **Practice Mindfulness in Every-day Activities and Meditate Regularly!**
"be in the present moment" and bring yourself Clarity of Mind using Wisdom and Compassion.
 - Formally - meditation practices learned in class
 - Informally - dropping in to the present moment anytime or with an everyday activity
- **Notice Pleasant Moments**
- **Be Kind, Patient and Gentle with Yourself! Forgive Yourself! Practice Self-Compassion!**
- **Make Others Feel Happy!**
 - Perform "random acts of kindness".
 - "Make solid eye contact and smile" with as many people as possible each day.
 - Volunteer somewhere meaningful to you.
- **Get Enough Sleep!**
 - Turn off technology 2 hours before bed, read, spend time with family (talk, play family games), meditate, yoga, hot shower or bath, journal
- **Take a Break from Technology and Social Media – limit time!**
(especially if it is negatively impacting your life!)
- **Exercise and be Physical Activity Every Day! Strong Body...Strong Mind**
- **Eat Healthy!**
- **Go Outside and Be with Nature.**
- **Do Something that You Enjoy and Makes You Smile.**
- **Take Breaks!**
- **Spend Time with People in Your Life who Care About You and who Build You Up!**
- **Set Realistic Goals for Yourself!**

Riding My Stress Waves and Dropping My Anchor

Past, Future, and Present (Now)

P N F Thoughts

Spend the next 5 minutes writing down your thoughts...

Next to each thought write **P**, **N** or **F** if your thought was about the **P**ast, about something that is going to happen in the **F**uture, or about something happening right **N**ow

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.
The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— Jellaludin Rumi,

List of Mindful Qualities

- Awareness
- Acceptance
- Beginner's Mind
- Openness
- Curiosity
- Non-Judgmental
- Non-Bias
- Patience
- Empathy
- Compassion
- Loving Kindness
- Forgiveness
- Gentleness
- Kindness
- Thoughtfulness
- Respect
- Gratitude
- Appreciation
- Self-Gratitude
- Self-Compassion
- Self-Kindness
- Authenticity
- Letting Go
- Peacefulness
- Being vs Doing
- Non-Striving
- At-Ease
- Reframing
- Intention

How can being mindful and using mindfulness practices help us feel happier and more at ease (change our perspective?)...

Provide at least 1 detailed, specific example as to how this can effect how your feel about:

Yourself

Others

Surroundings

Situations

PERCEIVED STRENGTHS	PERCEIVED WEAKNESSES
1	1
2	2
3	3
4	4
5	5
6	6

FACTUAL PROOF STRENGTHS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

FACTUAL PROOF WEAKNESSES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

STRENGTHS	WEAKNESSES

Kind Words to Myself

CREATING AFFIRMATIONS

Affirmations are positive statements you can say to yourself. You can use affirmations to talk back to negative thoughts that come to your mind. Here are some examples:

- I am a valuable and unique person.
- I always do the best I can.
- I love myself.
- I am lovable.
- I am worthy.

Write five affirmations for yourself.

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

What is it like for you to say nice things to yourself?

If you find it difficult to say nice things to yourself, try imagining that you are talking to a friend of yours.

Loving Kindness or Heartfulness Pebble Meditation

The 5 pebbles represent:

1. Yourself
2. Someone you feel thankful for or someone you love
3. Someone who you feel neutral about
4. Someone you don't like or who has hurt you in some way
5. All beings everywhere

Place the 5 pebbles to your left side. Sit in a quiet, comfortable, upright sitting position. Begin by calming your mind with a few slow mindful breaths.

Now pick up the first pebble and recite the mantras below, using the word "I" or "my", with a slow breathe in between each mantra. Following reciting the mantras take 1-2 slow full mindful breathes before moving on to the next pebble.

Repeat the sequence with all 5 pebbles and add the appropriate name, description of unknown person or lastly the words "all beings everywhere"

When all 5 pebbles are nicely placed on your right side, you may choose to repeat the full sequence and place the pebbles 1 by 1 on your left side. However, if you have finished, slowly, mindfully breath as long as you would like before slowly open your eyes fully.

*You may add more pebbles to represent more people

*You may add your own personal mantras

Mantras

May _____ be happy

May _____ heart be filled with joy

May _____ feel loved

May _____ be healthy and strong

May _____ feel at ease

May _____ (I/they) accept _____ (myself/themselves) just the way _____ (I am/they are.)

Self-Compassion Mirror Meditation

Have your best friend walk in the door and sit in front of you and tell you their problem/suffering. How does this feel?

Provide compassion to this friend with a warm hug, holding their hand and gentle words of love, kindness, compassion and encouragement. How does this feel?

Now imagine yourself walking in the door and sitting in front of you telling you about a difficult problem or how they are suffering. How does this make you feel? Imagine treating yourself as you just did for your good friend and using soothing touches, hugs and warm, kind words of encouragement and compassion. How does this feel?

Now while resting your hands on your heart or in a gentle hug...

Repeating twice to yourself:

- I'm allowed to be imperfect
- I'm allowed to make mistakes
- I'm allowed to learn from my mistakes and try not to make the same ones next time
- I'm allowed to forgive myself and to be forgiven

After 3 slow breathes repeating twice to yourself:

- May I be happy
- May my heart be filled with joy
- May I feel loved
- May I accept myself just the way I am

Ending with breathing awareness and awareness of how you feel for as long as you would like before closing this meditation.

PLEASANT MOMENTS CALENDAR

Pleasant Moments Calendar

	The Moment	My Thoughts and Feelings	What I Felt in My Body	What I Think and Feel Now
Example	<i>I passed my driver's test.</i>	<i>I can't wait to drive to the lake! I was really excited.</i>	<i>I had butterflies in my stomach during the test. Afterward, I couldn't stop smiling and messaging my friends.</i>	<i>I hope my mom lets me borrow her car. I'm still really happy and can see how it is going to change so many things in my life.</i>
Monday				
Tuesday				
Wednesday				

	The Moment	My Thoughts and Feelings	What I Felt in My Body	What I Think and Feel Now
Thursday				
Friday				
Saturday				
Sunday				

List of Mindful Qualities

- Awareness
- Acceptance
- Beginner's Mind
- Openness
- Curiosity
- Non-Judgmental
- Non-Bias
- Patience
- Empathy
- Compassion
- Loving Kindness
- Forgiveness
- Gentleness
- Kindness
- Thoughtfulness
- Respect
- Gratitude
- Appreciation
- Self-Gratitude
- Self-Compassion
- Self-Kindness
- Authenticity
- Letting Go
- Peacefulness
- Being vs Doing
- Non-Striving
- At-Ease
- Reframing
- Intention

Mindfulness

“My emotions don’t control me.

With mindfulness I can choose how to respond to my emotions.”

Mindfulness is especially helpful when experiencing extreme stress or strong emotions. It helps us quiet our mind so we can avoid reacting, and instead respond thoughtfully – using clarity of mind, wisdom, compassion and kindness towards ourselves and others.

NIPR

Notice

I am in control

Pause

Reframe

1. **Notice** any red flags you may be feeling in your body, and bring awareness to that emotion and how it is connected to what is happening in your body.
2. Remind yourself ,*“I am in control of my emotions. I can choose how to respond to my emotions.”*
3. **Pause** for a moment... and just breath...3-5 nice breaths noticing your breath and 1 or more of the 5 senses around you. Bring yourself into the present moment. Take as long as you need until you feel calm and still.
4. Now that your mind is quiet and you can see things with more clarity ask yourself...how can I **Reframe** my thoughts or emotions by using wisdom, kindness and compassion for others and myself.

Congratulate yourself for **responding thoughtfully**
instead of **reacting!**

NIPR – “Nip Her In The Bud” Activity

“With mindfulness I can choose how to respond to my emotions.

“I can prevent something at an early stage from developing into something larger.”

Think of a situation that has lead to strong emotions and reactivity, which have not only dominated your thoughts, but have also caused you to suffer by feeling a sense of great distress.

How did this negatively affect your body and mind?

If you were to have stepped back from the situation for a brief moment, brought awareness to the intensity of what you were feeling, and then paused by taking 5 mindful breaths or noticing 1 or more of your 5 senses (calming your mind and bringing you into the present moment) . . .

in what ways could you have chosen to respond differently to this strong emotion?

Unhelpful and Harmful Coping Behaviors

Alcohol use _____

Sexting _____

Posting pictures of yourself doing something that can be harmful to you or others _____

Drug use/improper use of prescription drugs _____

Smoking cigarettes _____

Vaping _____

Isolating yourself _____

Having unprotected sex _____

Having multiple sex partners _____

Cutting yourself _____

Burning your body _____

Bullying _____

Getting into illegal activities _____

Binge eating _____

Making yourself vomit after eating _____

Restricting calories/not eating _____

Excessive exercise _____

Stealing _____

Spending time with the wrong crowd _____

Getting into fights _____

Hoarding _____

Other _____

Outcome Chart of Unhealthy Coping Behaviors

Behavior	Negative Outcome	Positive Outcome
<p><i>Example:</i></p> <p><i>I cut myself when my parents yelled at me because of my bad grades</i></p>	<p><i>Felt numb</i></p> <p><i>Denial</i></p> <p><i>Permanent scarring</i></p> <p><i>Hurts me physically and emotionally</i></p> <p><i>My issue is still there</i></p> <p><i>Feel ashamed</i></p>	

**PAIN IS
INEVITABLE.
SUFFERING
IS OPTIONAL**

Two Arrows...

1st Arrow:

PAIN

Inevitable

- Loss
- Illness/Disease
- Heartache
- Accidents
- *LIFE!*



2nd Arrow:

SUFFERING

Optional

- Judgments
- Resistance
- Regrets
- Worries
- Non-Acceptance
- Critical of self and others
- Desire/Wishing
- Ruminating/
Obsessing
- Guilt
- Denial
- Holding on
- Striving

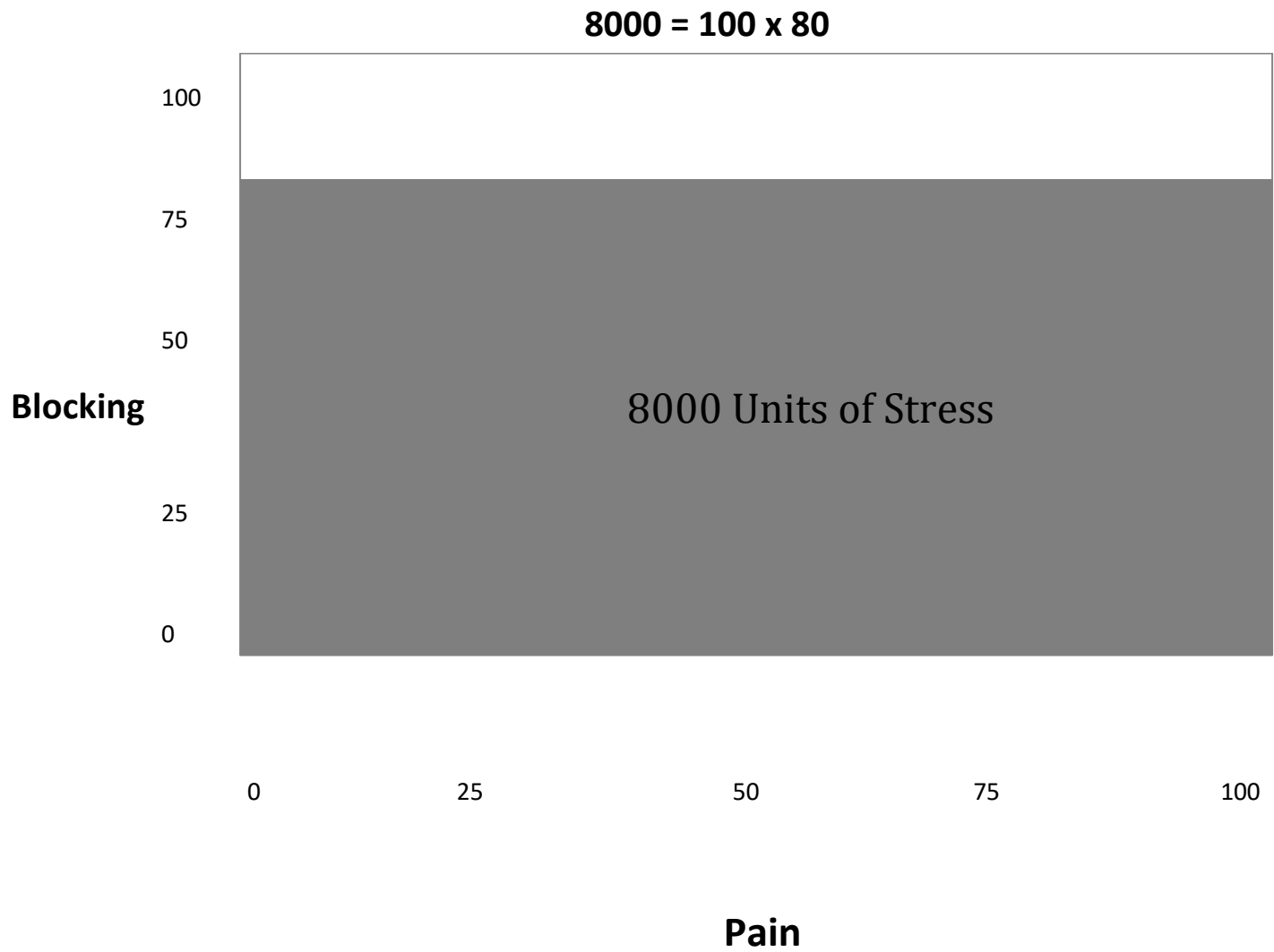


Blocking Behaviors

- Engaging in unhelpful or harmful coping behaviors
- Resisting the problem
- Not accepting the problem
- Avoiding the problem
- Pushing the problem away
- Denying that the problem exists
- Ignoring the pain it causes
- Feeling guilty about it
- Obsessing about it
- Ruminating about it
- Judging yourself
- Telling yourself that you should have done something differently

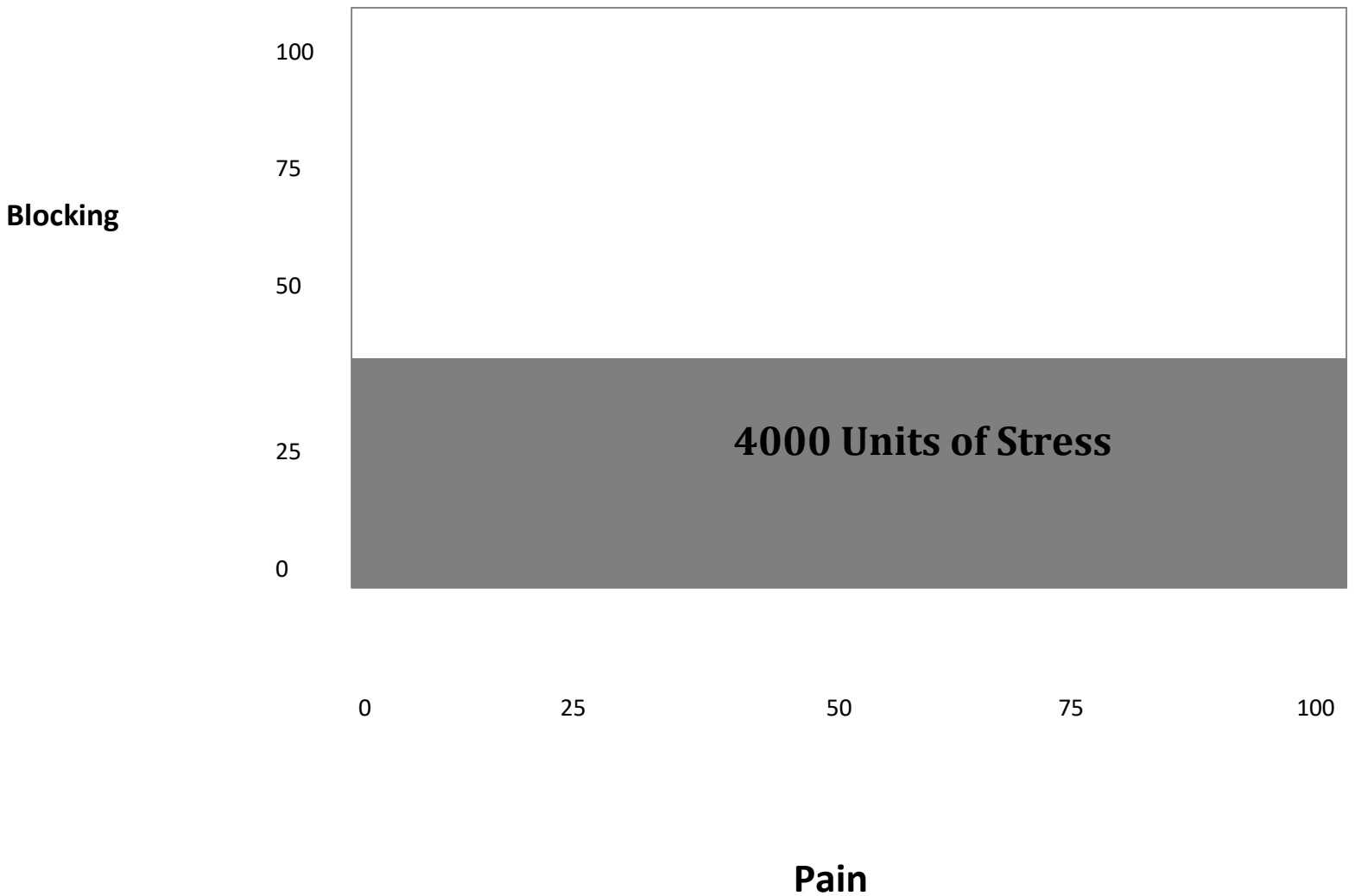
Stress = Pain x Blocking Behaviors

$$S = P \times B$$



$$S = P \times B$$

$$4000 = 100 \times 40$$



Stress and Performance

Human Performance Curve



Second Arrow Awareness Activity

Pain is inevitable but suffering is by choice

Write a specific example of a life experience that caused pain a (**first arrow**) and describe how it felt in detail.

Be careful not to attach any second arrows as you think about this event.

Now, think about all of the **second arrows** that you unknowingly attached to the original event and write them down. How did these add to or strengthen the level of pain/suffering.

Such as: Judgment, criticism self and others, self-doubt, wanting, desiring for something to be different, guilt, blaming, what will my future be now?, If only this didn't happen.., resistance, inability to accept what is, why me?, why not me?, what will happen now?

What could you have done differently by choice in this situation (describe in detail)?

Self-Awareness Calendar

Follow these steps to complete the self-awareness calendar:

1. Identify the harmful behavior you want to do, and write it down
2. Reflect on what was going on in your life right before you wanted to hurt yourself, and write it down.
3. Write down what you are thinking right now.
4. Write down what you are feeling right now.
5. Pause and take a mindful minute before you engage in the behavior. Just check in with your breath, your body, and your mind, including your thoughts and feelings
6. Write down what you want to do now....

Self-Awareness Calendar

	Harmful Behavior	What Happened Right Before	My Thoughts	My Feelings	After Pausing, What I Want to Do Now
Example 1	<i>I want to cut myself.</i>	<i>I flunked my test.</i>	<i>I am stupid.</i>	<i>I feel worthless.</i>	<i>I know cutting will not change what happened. I can see if I can retake my test. I can also study differently next time. I am still upset, but this feeling will pass.</i>
Example 2	<i>I want to vomit.</i>	<i>Someone mentioned I have a double chin.</i>	<i>I am fat, and no one is going to want to date me.</i>	<i>I feel alone.</i>	<i>I don't have to believe what I was told. I have friends and that is really important to me. I can go and do something positive for myself, like playing a game online with my friends.</i>

Self-Awareness Calendar

	Harmful Behavior	What Happened Right Before	My Thoughts	My Feelings	After Pausing, What I Want to Do Now
Time 1					
Time 2					
Time 3					
Time 4					
Time 5					

self-harm awareness journal

Step 1: What is the negative or harmful thing you would like to do right now?

Step 2: Is there something going on that makes you want to harm yourself?

Step 3: On a scale from 0 (not at all) to 10 (very strongly), how much do you want to harm yourself?

Step 4: Where are you: home, school, mall, or somewhere else?

Step 5: Are you alone or with someone else? If you are not alone, who are you with?

Step 6: What do you feel in your body right now?

Step 7: What are you thinking right now?

Step 8: What are you feeling right now?

Step 9: Count your breaths as they normally occur for you. Sometimes it helps to say to yourself, *Breathing in, breathing out.*

Step 10: After going through these steps, do you feel like you still want to harm yourself?

Step 11: What changes have happened since you started this journal entry?

MINDFUL STOPPING PRACTICE

1. Visualize a stop sign. You can also say to yourself, “Stop,” in a firm but gentle voice.
2. Check in with your body. Begin with the tips of your toes and move up to the top of your head. Along the way, notice if anything is tight or tense, or just does not feel right.
3. Imagine bringing your breath into the places that feel discomfort. For example, you might have a tight feeling in your chest, your hands might feel tingly, and your stomach might hurt. Be aware of your body, and breathe in. If it helps, say to yourself, *Breathing in one, breathing out one, breathing in two, breathing out two*, for a few breaths until you feel less tense. You can also say to yourself, *Breathing in fresh air, breathing out discomfort*.
4. Take a breath. This time, imagine bringing in air through a small hole at the top of your head. Let the breath move from the top of your head through your body, and release it out through the tips of your toes.

Ask yourself these questions: How do I feel now?

How do I want to respond?

Do I want to respond toward myself?

Do I want to respond toward someone else?

Am I overreacting?

Am I judging myself or others?

Ask yourself, *Do I need some time before I decide what I want to do?*

Taking some time will often let you see a situation more clearly. You might make a different choice, which might prevent a problem or avoid negative consequences.

HARMFUL JUDGMENT JOURNAL PRACTICE

1. State and write the harmful judgment.
2. Tell what makes it a harmful judgment.
2. With openness, gentleness, kindness, and curiosity, acknowledge what the judgment is and that it is a thought.
4. Notice whether this judgmental thought is unusual or if you have a pattern of judging yourself this way.
5. When you think about this harmful judgment, how do you feel?
6. Think of what you could tell yourself instead? How could you reframe what you say about this person, about yourself or about this situation differently?

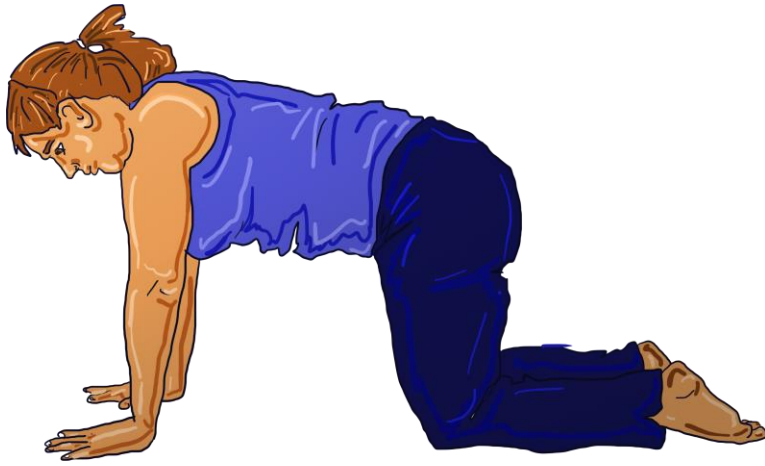
Yoga Poses

Possible MBSR-T Yoga Sequencing



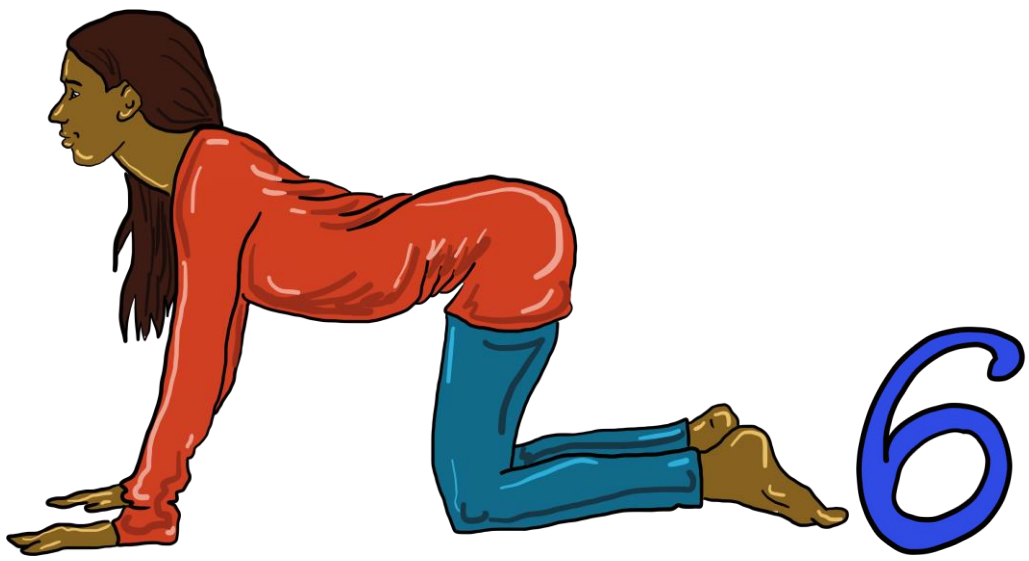


3



4





Repeat these two poses once or twice

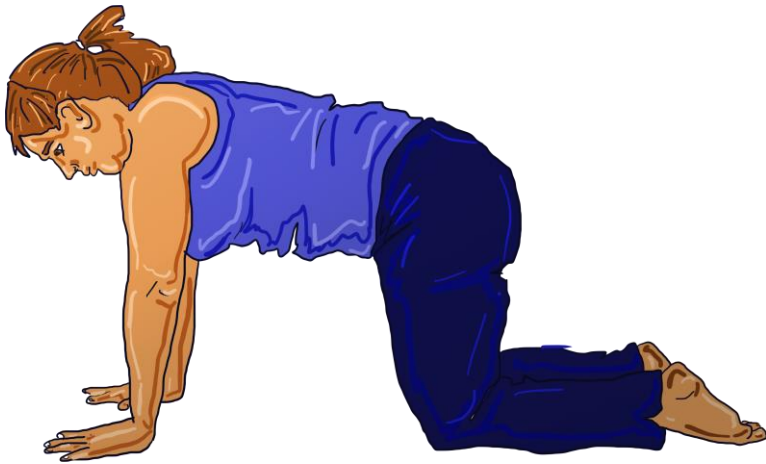
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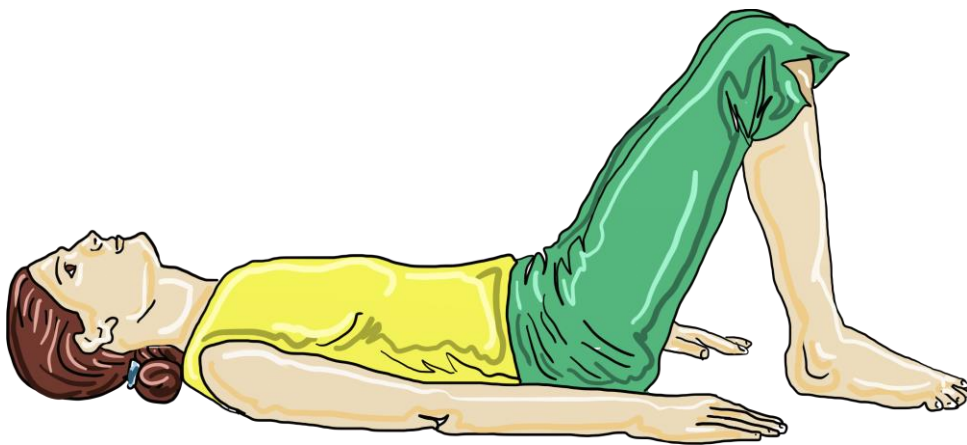
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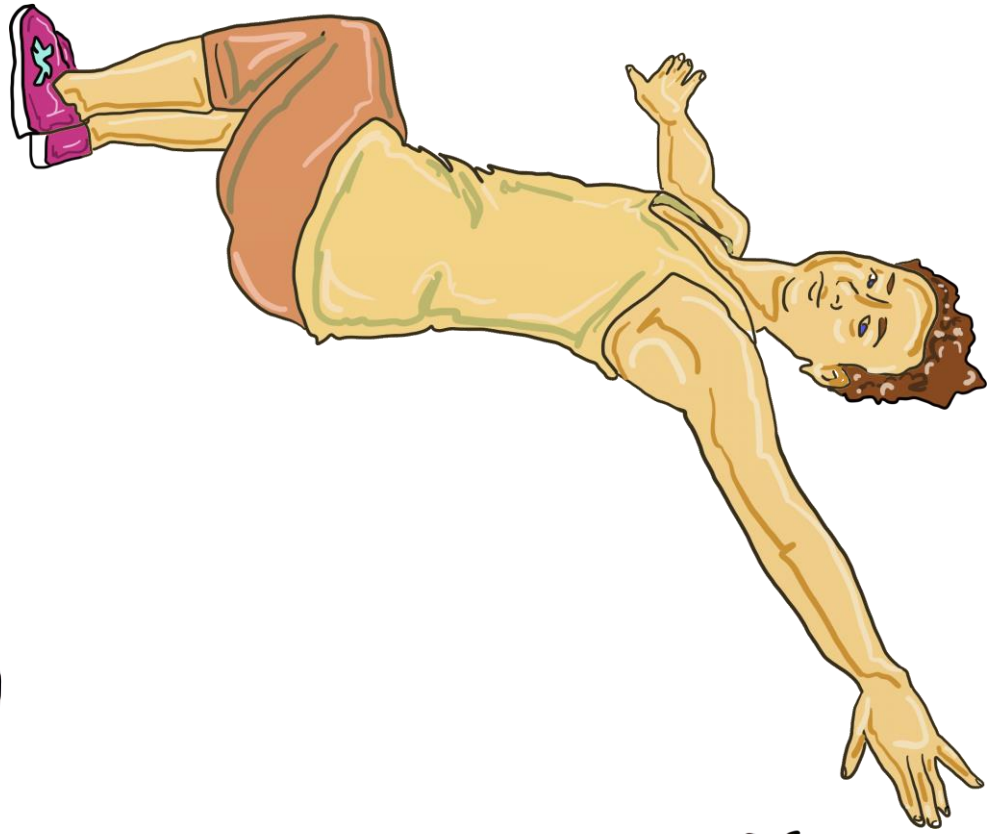


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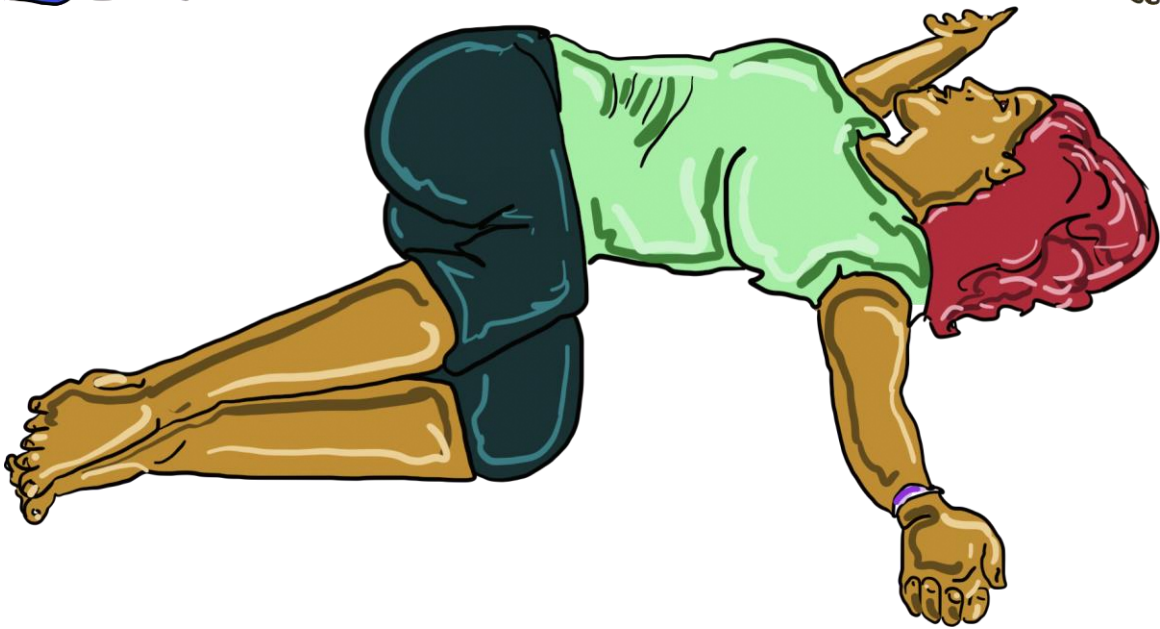


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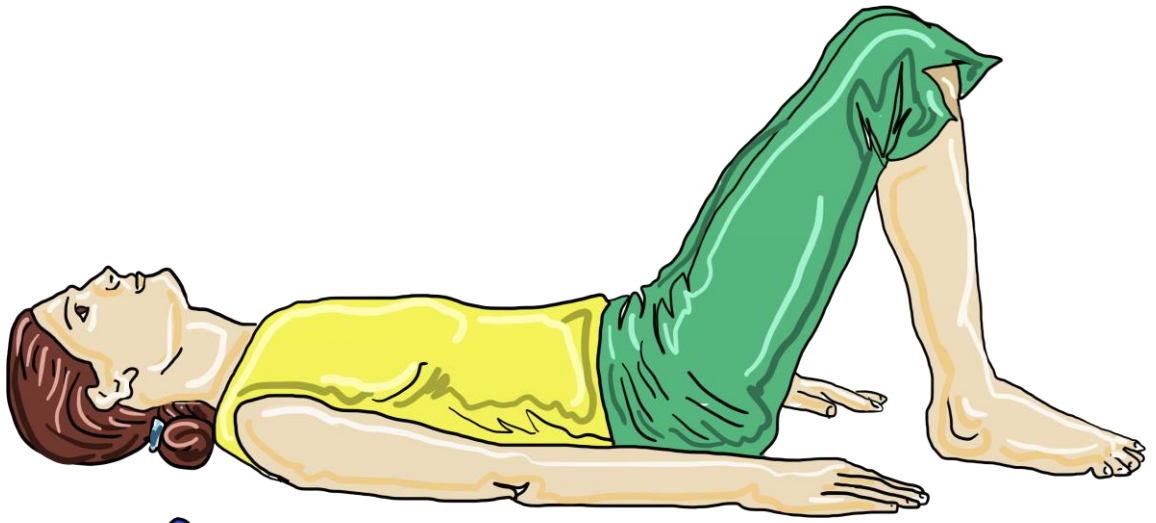
Repeat these two poses once or twice



12



13



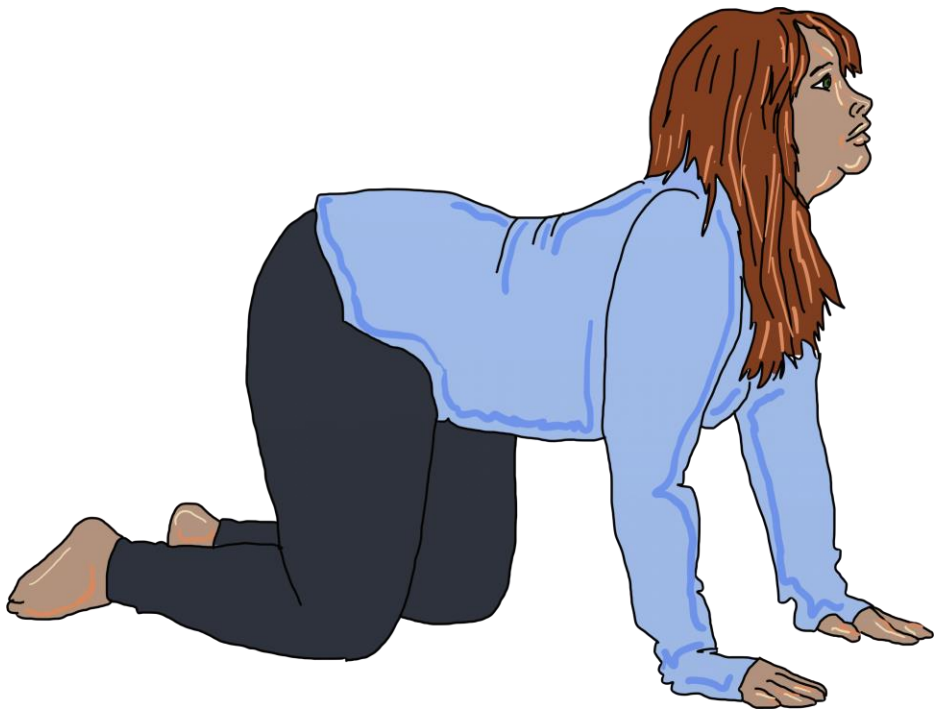
14



15
16



Repeat these two poses once or twice





19



20



21



22

Move from the top position down to your side



23



24

Repeat these two poses once or twice



25



26

Repeat these two poses once or twice



27



28



29

Riding Life's Waves and Dropping My Anchor

The Pleasant and Good Waves

Stressful -Challenging Waves



WISDOM EMPATHY OPENNESS

PEACEFULNESS AWARENESS FORGIVENESS

COMPASSION ACCEPTANCE HAPPINESS

CLARITY OF MIND OPTIMISM

- 5-Senses
- Awareness of Breath
- 10-Breath Meditation
- Body Scan
- Mindful Movement
- Yoga
- Elevator Breathing
- Glitter Jar
- Mindful Eating
- P.N.F.
- N.I.P.R.
- Altruism – Random Acts of Kindness, volunteering, smiling and making eye contact

- Calming Sleep Routine
- Regular Exercise - daily
- Limiting Screen Time
- Mindful Listening
- Build Mindful Strong Relationships
- Eat Healthy and Mindfully
- Journaling “3 things you are grateful for” – Grateful Jar
- Journaling “Kind words to self”
- Journaling “Intentions for the day”
- Noticing Pleasant Moments – Pleasant Moment Jar
- Bringing Awareness to Judgments and Narratives
- Loving Kindness Pebble Meditation

Mindful Solution Chart

Problem	Mindful Solution

MI MESSAGES - TO TELL SOMEONE HOW YOU FEEL

MI MESSAGES HAVE TWO PARTS:

1. Mindful Check-in

Start by mindfully checking in with how you feel emotionally and physically; notice what thoughts are arising. Use any of the mindful skills or practices you would like to help calm you and center you to the *NOW* and help to provide you with clarity of mind

2. I-Message

Use the following formula to tell someone how you feel.

When _____ (the behavior)

I feel _____ (the feeling)

Because _____ (the reason)

When _____ I feel _____ because _____

Mantras for Daily Meditation

Today is a brand new day! This is a brand new moment!

- May I bring awareness to the present moment– by intentionally engaging all of my 5 senses
- May I slow down - enjoy and appreciate each moment
- May I be grateful for all of the wonderful gifts that each moment presents
- May I have a beginners mind and see things with fresh eyes – not clouded by judgment or biased thoughts
- May I take note of the pleasant moments
- May I calmly handle each moment – whether good or bad - with acceptance, clarity of mind, and wisdom
- May I accept things as they are
- May I accept others for who they are
- May I accept myself for who I am
- May I accept life’s ever changing circumstances
- Today may I remember to breath – to drop my anchor, to re-center myself and to ground myself in calmness
- Today may I find time to stop doing, to stop striving and to simply “be”
- Today may I be happy
- Today may I treat myself kindly with compassion, patience, and forgiveness
- Today may I treat others with kindness, patience, forgiveness, and compassion
- Today may I see my goodness and my uniqueness, and may I appreciate myself for who I am
- Today may I be aware of harmful judgments towards myself, others and new situations
- Today may I feel peaceful...may I feel at ease
- Today may I open my mind to new possibilities, to new perspectives
- Today may my heart be filled with joy
- Today may I live each moment more wakefully more richly

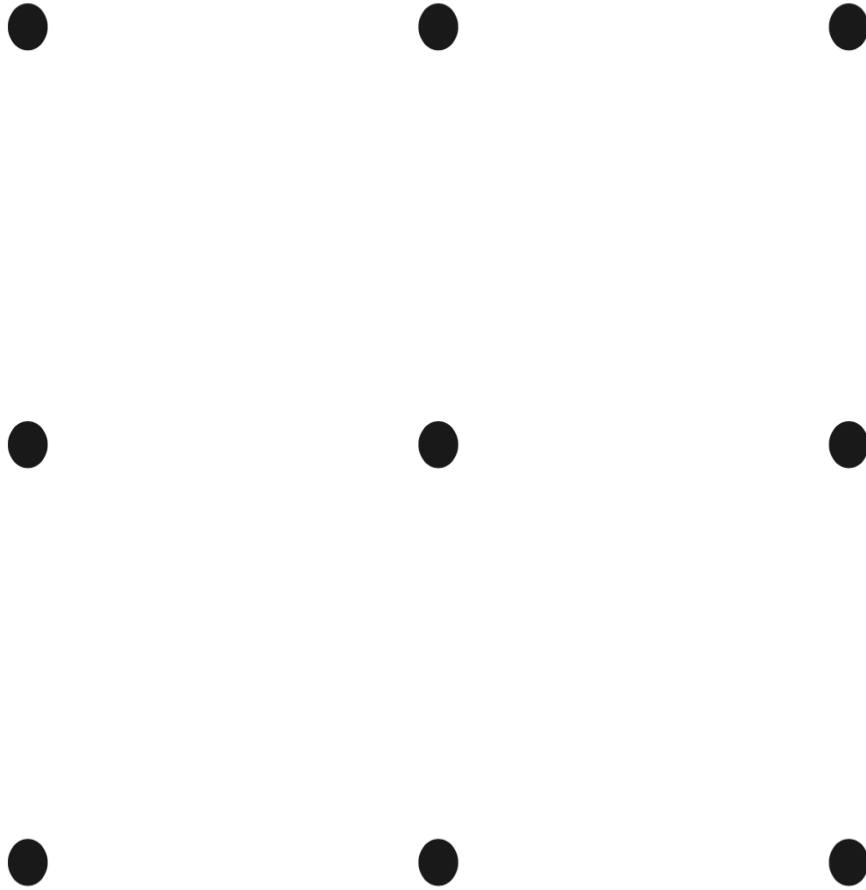
Give me... the *strength* to
accept the things
I cannot change,
the *courage* to change the
things I can,
and the *wisdom* to know
the difference.

Whether gentle seas or
stormy weather,
I can choose
to adjust my sails, and
smoothly navigate through
the ever-changing winds of my life!

Mindful Qualities

- Awareness
- Acceptance
- Beginner's Mind
- Openness
- Curiosity
- Non-Judgmental
- Non-Bias
- Patience
- Loving Kindness
- Forgiveness
- Gentleness
- Thoughtfulness
- Respect
- Authenticity
- Letting Go
- Empathy
- Gratitude
- Appreciation
- Self-Gratitude
- Self-Compassion
- Self-Appreciation
- Kindness
- Compassion
- Peacefulness
- Being vs Doing
- Non-Striving
- At-Ease
- Reframing
- Intention

Connect these dots with four straight lines. Do not lift your pencil and do not retrace over any of your lines.



A Healthy Lifestyle

is the key to stress management...

Goals for a Healthy Lifestyle include:

- **Exercise Regularly**

- Aerobic Exercise: 3-5 days/week for 30-60 minutes (RPE of 5-8)
- Strength training: 2 days/week
- Stretch: up to every day or at a minimum of after aerobic exercise

- **Be Physically Active Every Day!**

- **Eat Healthy** – a well balanced diet, lots of fruits and vegetables (variety of brightly colored), whole grains, low fat proteins and dairy, limit processed foods, junk foods, fast foods, sodas and juices.

*Drink 8 glasses of water each day!

- **Be Thoughtful With Your Use of Technology:**

limit recreational screen time: time checking iPhone, time on social media and internet, and time spent playing video games. Instead replace this with healthy behaviors like physical activity, reading, being with nature, or spending 1-on-1 time, with, friends and family.

- **Get Enough Sleep!** – develop a calming sleep routine: turn off technology 1-2 hours before bed, hot shower or bath, read, do yoga, meditate, journal, play a game or talk with family members

■ Incorporate Mindfulness into Your Day Everyday!

- Journal Daily
 - “3 things I am most grateful for...
 - Daily Affirmations
 - Intentions for the day
 - Evening Reflection
- Meditate Daily
- Slow Down, Breath – Be in the Present Moment
- Practice Letting Go (not ruminating)
- Practice Acceptance
- Practice Compassion and Kindness (for yourself and others)
- Practice Patience
- Practice Forgiveness
- Practice Appreciation
- Pause, Breath and Respond Thoughtfully instead of Reacting
- Make Wise Choices
- Walk Mindfully
- Eat Mindfully
- Be Mindful with Everyday Activities
- Practice Yoga – Mindful Movement
- Take Time to Do Things You Enjoy
- Be with Nature
- Surround Yourself with People who Build You Up
- Take Time to Notice the Pleasant Moments
- Making Others Happy
 - Make eye contact and smile at people

 - Volunteer

 - Random Acts of Kindness

Name: _____

Date: _____

Wellness Reflection Worksheet

Describe some of the benefits that you have noticed over the past 8-10 weeks, if any, by incorporating mindfulness into your daily routine and making other healthy lifestyle changes.

What has been the **most powerful change** for you, personally?

Discuss how committed you are to trying to maintain these healthy habits as part of your lifestyle.

My Personal Wellness Plan

My Wellness Goals

-
-
-
-

My Intentions

1. Exercises and Physical Activity:

2. Mindfulness and Mindfulness Practices

3. Nutrition/Diet:

4. Thoughtful Use of Technology:

5. Calming Sleep Routine:

WELLNESS LOGS

Physical Activity

Exercise

Sleep

Technology Use

Meditation

WELLNESS LOG

DATE (WEEK OF) _____

RECOMMENDATIONS:

1. 30-60 MINUTES OF AEROBIC EXERCISE 4-7 DAYS/WEEK (RPE 4-8)
2. DAILY PHYSICAL ACTIVITY 60-90 MINUTES
3. 7-9 HOURS SLEEP – CALMING SLEEP ROUTINE (TURN OFF TECHNOLOGY AT LEAST 1 HOUR PRIOR TO BED)
4. 1-2 HOURS OF RECREATIONAL TECHNOLOGY
5. MEDITATE AND JOURNAL EVERY DAY

	PHYSICAL ACTIVITY	EXERCISE <ul style="list-style-type: none">• AEROBIC• STRENGTH• STRETCHING	HOURS ON RECREATIONAL TECHNOLOGY	MEDITATION	# HOURS OF SLEEP
M					
T					
W					
TH					
F					
S					
SU					

WELLNESS LOG

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5. MEDITATE AND JOURNAL EVERY DAY

	PHYSICAL ACTIVITY	EXERCISE <ul style="list-style-type: none">• AEROBIC• STRENGTH• STRETCHING	HOURS ON RECREATIONAL TECHNOLOGY	MEDITATION	# HOURS OF SLEEP
M					
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W					
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S					
SU					

WELLNESS LOG

DATE (WEEK OF) _____

RECOMMENDATIONS:

1. 30-60 MINUTES OF AEROBIC EXERCISE 4-7 DAYS/WEEK (RPE 4-8)
2. DAILY PHYSICAL ACTIVITY 60-90 MINUTES
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WELLNESS LOG

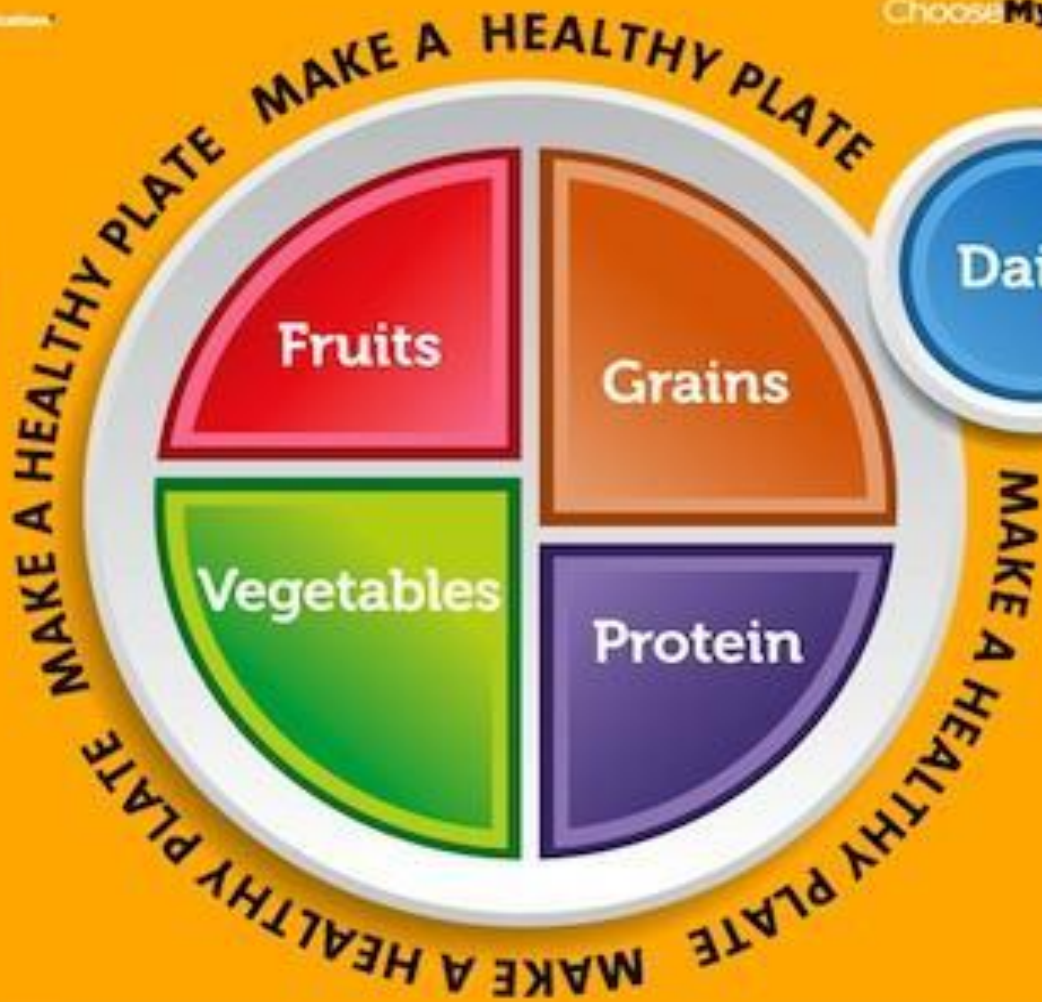
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FOOD LOGS



Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.







Keep choices low in fat, sodium and sugar.





MYPLATE SERVINGS PER DAY

HOW MUCH SHOULD KIDS HAVE FROM EACH FOOD GROUP EACH DAY?

	2-3 YEARS OLD	4-8 YEARS OLD	9-13 YEARS OLD		14-18 YEARS OLD	
			GIRLS	BOYS	GIRLS	BOYS
 VEGETABLES CUPS	1	1.5	2	2.5	2.5	3
 FRUITS CUPS	1	1-1.5	1.5	1.5	1.5	2
 GRAINS OUNCES	3	5	5	6	6	8
 PROTEIN OUNCES	2	4	5	5	5	6.5
 DAIRY CUPS	2	2.5	3	3	3	3
 OILS TEASPOONS	3	4	5	5	5	6

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Water: 8 glasses each day (all ages)
Snacks: Replace Junk Food with healthy alternatives
 Limit Fast Foods and processed foods

MY FOOD LOG

DATE: _____

BREAKFAST

LUNCH

DINNER

SNACKS

GLASSES OF WATER

MY FOOD LOG

DATE: _____

BREAKFAST

LUNCH

DINNER

SNACKS

GLASSES OF WATER

MY FOOD LOG

DATE: _____

BREAKFAST

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SNACKS

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MY FOOD LOG

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