

MENTAL HEALTH HABITS

Date _____

BREATHE DEEPLY



I. SIT OR LIE DOWN

Sit or lie down with your back straight. Place one hand on your belly & and one on your chest.

II. INHALE THROUGH YOUR NOSE DEEPLY

Follow the sensations of inhaling with your awareness. Feel the hand on your stomach rise as you fill your "belly" with air first, then slowly start to feel your other hand rise as your middle chest, upper chest & neck fill fully with air.

III. EXHALE SLOWLY AND STEADILY

Purse your lips when exhaling like you're slowly blowing out the candles on a cake. Follow the sensations of breathing out with your awareness until your stomach sucks in slightly and all air leaves your lungs.

TYPE OF BREATHING _____

TIME BREATHING _____

BE MINDFUL



I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3-stage breathing outlined above).

II. FOCUS

Focus your full attention on your breath or another sensory experience (like drinking a cup of coffee). Close your eyes and feel the most subtle sensations in the present moment.

III. OBSERVE & REFOCUS

When a thought or sensation catches your attention, impartially observe it exactly how it is without judging it as good or bad and say to yourself, "I am aware of" then bring your attention back to your breathing or other chosen sensory experience (like drinking a coffee or smelling a flower) without scolding yourself.

TYPE OF MINDFULNESS _____

TIME BEING MINDFUL _____

IMAGINE VIVIDLY



I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3-stage breathing outlined above).

II. OBSERVE & EXPERIENCE

Pick up a fruit and examine its colors and form closely. Smell it deeply and take in its fragrances. Caress it lightly and feel its contours. Take a small bite and chew slowly while you savor the juices. As you eat it slowly imagine its journey to you. Its mother's journey from seedling to tree, its growth on that tree through the hardships and weather of the seasons. Give thanks to it.

III. VISUALIZE WITH ALL 5 SENSES

Close your eyes and imagine the fruit, its form, its color, how it felt in your hand, its temperature, its smell when held up to your nose, and finally its taste. Picture its journey from a fledgling seedling to a struggling sapling to a fruit-bearing mother and give thanks to the fruit for nourishing you.

TYPE OF VISUALIZATION _____

TIME VISUALIZING _____

PHYSICAL HEALTH HABITS

MOVE NATURALLY



CHOOSE 1-3 NATURAL MOVEMENT PATTERNS TO INTEGRATE INTO YOUR LIFE. WALK YOUR DOG IN NATURE, PLAY A SPORT WITH A FRIEND, DANCE, HIKE, PLAY AN ACTIVE VIDEOGAME, PLAY WITH YOUR CHILDREN OR ANIMALS, WORK WHILE STANDING UP OR MOVING, PLANT A GARDEN, OR START AN ACTIVE HOBBY. PERFORM & CHECK OFF AT LEAST ONE MOVEMENT PATTERN DAILY.

EAT WELL

TRACK HOW WELL YOU FOLLOWED SIMPLE EATING HABITS PROVEN TO HELP GET TO OR MAINTAIN A HEALTHY WEIGHT. CHANGE YOUR RELATIONSHIP TO EATING WITHOUT UNREALISTIC AND UNSAFE DIETING PRACTICES.



WEIGHT? _____

ATE MINDFULLY & SLOWLY?

ATE UNTIL 80% FULL, THEN STOPPED?

ATE WHOLE FOODS?

USED HAND TO MEASURE PORTIONS?

INTERMITTENT FASTING?

GET NAKED

BOOST YOUR IMMUNE SYSTEM AS WELL AS HAPPINESS AND FORCE YOUR BODY AWAKE WITH A LITTLE BIT OF COLD WATER AFTER YOUR HOT SHOWER, A FULL COLD SHOWER, OR EVEN AN ICE BATH. RECORD THE TYPE OF COLD EXPOSURE YOU USED AND THE LENGTH OF TIME YOU SPENT EXPOSED TO THE COLD.

TYPE OF COLD _____

TIME OF COLD _____



EMOTIONAL HEALTH HABITS



FIND YOUR LEVEL

SIT OR STAND UP WITH YOUR BACK STRAIGHT, SHOULDERS BACK, AND CHIN UP. TAKE A DEEP BREATH AND OBSERVE YOURSELF. HOW STRESSED ARE YOU ON A SCALE FROM 1-10? ACCEPT YOUR LEVEL.



REFRAME THOUGHTS

WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND? BE ON THE LOOKOUT FOR ANY UNREASONABLE EXPECTATIONS, NEGATIVE PREDICTIONS, OR ABSOLUTES LIKE NEVER OR ALWAYS.

HOW CAN YOU UPDATE YOUR THOUGHT AFTER STEPPING BACK FROM IT & TAKING A BIRD'S EYE VIEW TO MAKE IT MORE LOGICAL, NUANCED, COMPASSIONATE, & HELPFUL?



TAKE ACTION

YOU HAVE AT LEAST SOME POWER IN THIS SITUATION. WHAT WOULD BE THE SIMPLEST & EASIEST WAY TO CHANGE THE OUTCOME POSITIVELY? WHAT ADVICE WOULD YOU GIVE A FRIEND? WRITE OUT THE EXACT STEPS YOU WILL TAKE TO CREATE A MORE POSITIVE OUTCOME.



GIVE GRATITUDE

WHO OR WHAT ARE YOU THANKFUL FOR? LIST 1-10 THINGS OR WRITE A GRATITUDE LETTER TO SOMEONE WHO DESERVES IT.



CONNECT

DO AN ENJOYABLE ACTIVITY WITH SOMEONE OR SIMPLY TALK. JOT DOWN A FEW NOTES ABOUT THE INTERACTION IN THE SPACE BELOW. IF YOU CAN'T CONNECT NOW THEN PLAN A FUN ACTIVITY WITH SOMEONE INCLUDING A CONCRETE DATE AND TIME.

PURPOSE & SUCCESS HABITS



YOUR IDEAL SELF & LIFE

DESCRIBE YOUR IDEAL SELF & LIFESTYLE IN DETAIL. HOW WOULD YOU FEEL? WHAT/WHO/WHERE WOULD BE INCLUDED AND WHAT ABSOLUTELY WOULD NOT BE A PART OF IT? WHAT WOULD YOU DO? WHAT KIND OF EXPERIENCES WOULD YOU HAVE THAT WOULD BRING YOU DEEP MEANING AND JOY?



GOALS & VALUES

WHAT VALUES & GOALS WILL GET YOU TO YOUR IDEAL LIFESTYLE & SELF? WHICH GOALS, & VALUES DO OTHERS HAVE THAT ALREADY LIVE A LIFESTYLE SIMILAR TO YOUR IDEAL LIFE? HOW CAN YOU INTEGRATE THESE GOALS, & VALUES INTO YOUR LIFE TODAY?



MEANINGFUL TASKS & HABITS

LIST 1-10 ACTIVITIES IN ORDER OF PRIORITY. EACH TASK OR HABIT SHOULD BE WORKING TOWARDS AN IMPORTANT GOAL OR VALUE. SCHEDULE EACH TASK OR HABIT FOR A SPECIFIC TIME BLOCK. ADD BEHAVIORAL SCIENCE NUDGES TO DRASTICALLY INCREASE YOUR CHANCES OF COMPLETING THEM

Priority	Time	Task or habit	Nudge(s)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			