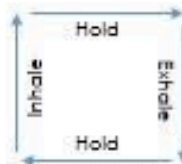


FIVE to THRIVE

During times of uncertainty or high stress, we sometimes become overwhelmed with fear and anxiety. Here are five things you can do to “reboot” your brain and reset your perspective.

1

Square Breathing: Practice deep belly breaths while envisioning a square: Inhale for 4 seconds; Hold your breath for 4 seconds; Exhale for 4 seconds; Hold for 4 seconds. Continue for 10 cycles of this breathing exercise. TIP: Sometimes it helps to picture a balloon inflating and deflating.



2

Mindful Awareness: Using your senses, notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.



Sight



Hearing



Touch



Smell



Taste

3

Express Gratitude: Write down what you're thankful for (seriously, write it down – it will be more impactful than just thinking it, speaking it, or even typing it). Here are some prompts to get you thinking:

- Someone helped me this past week by....
- Something that used to be hard, that I've worked hard to improve at is....
- The personality trait I'm most proud of is....
- The things or people I can always count on to make me laugh are....
- Something I have, that I sometimes take for granted is....

4

Get Outside: Even if just briefly, go for a walk or bike ride and enjoy the sunshine.



5

Take a Break from Social Media: Do things that make you forget to check your phone.

unplug

Mindful Home — Checklist.



01



**Brush your teeth mindfully,
take the time to engage your senses.**

02



**Really listen in conversations, notice when
you're distracted and bring yourself back.**

03



**Sit together as a family
and do a Smiling Mind meditation.**

04



**Eat at the table, notice what you can taste
and think about where your food came from.**

05



**Try only doing one thing at a time,
multi-tasking is a myth.**

06



Try turning all screens off for an hour a day.

07



**Go outside — notice what you can see,
hear and smell.**

08



Try to notice when you're rushing and slow down.

09



Don't bring devices into the bedroom at night.

10



**Commit to your own mindfulness practice —
it's hard but the benefits are worth it!**

Learn How To Relax!

Try this exercise to slow down your breathing, your heart beats, and even your blood pressure! You can make your body feel just like it does when you're about to fall asleep, or when you're very relaxed.

Step 1: Focusing



Pick a nice quiet place where you like to hang out alone. You can choose to focus on your own breath or on a part of your body. Keep focused while you slowly and deeply breath in and out. See if your stomach seems to bulge out when breathing in — (and then you empty it all out) for one to two minutes. Try not to let any other thoughts or feelings enter your mind. If they do, just return your attention to your breathing or on a part of your body. At the end of this exercise, you will probably feel more peaceful and calm.

Step 2: Meditation

- Sit or lie in a comfortable position.
- Close your eyes and breathe deeply (for five counts in and five out).
 - Let your breathing be slow and relaxed. Focus all your attention on your breathing. Notice the movement of your chest and abdomen in and out. Repeat at least 3 times.
 - Block out all other thoughts, feelings, and sensations. If you feel your attention wandering, bring it back to your breathing.
- Continue this exercise until you feel very relaxed.



*Resource: C.A.T. Project.
CBT+*



HAPPY



GRUMPY



SURPRISED



FRUSTRATED



CONTENT



ANGRY



SAD



CONCERNED



WORRIED



OVERWHELMED



HESITANT



ENVOIOUS

NAME IT TO TAME IT

8 Basic Emotions

And the purpose of each one



Anger

To fight against problems



Fear

To protect us from danger



Anticipation

To look forward and plan



Surprise

To focus us on new situations



Joy

To remind us what's important



Sadness

To connect us with those we love



Trust

To connect with people who help



Disgust

To reject what is unhealthy

Calm

The next time you're
feeling anxious or
overwhelmed

try calming yourself by naming

5 things you can see

4 things you can *hear*

3 things you can *feel*

2 things you can *smell*

1 thing you can *taste*

THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as matter of fact.

If you're stuck on a negative thought, ask yourself:

1

Is it true?

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2

Is it **absolutely** true?

Is this thought 100% accurate? Can you see the thought in a different way?

3

How does **this thought make me feel?**

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt*.

4

What would **things be like if I didn't hold this belief?**

Imagine possible benefits to your relationships, energy levels, and motivation.