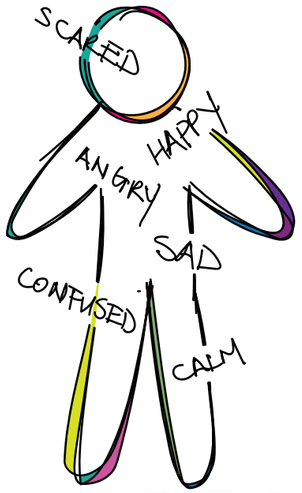
Feelings In My Body



Feelings Of My Heart



Notice Your Inner Critic



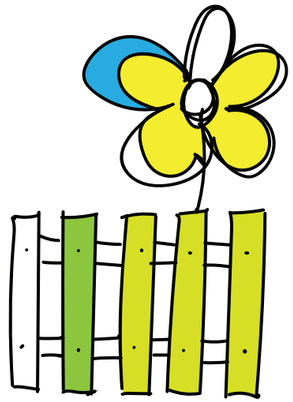
Name It And Tame It



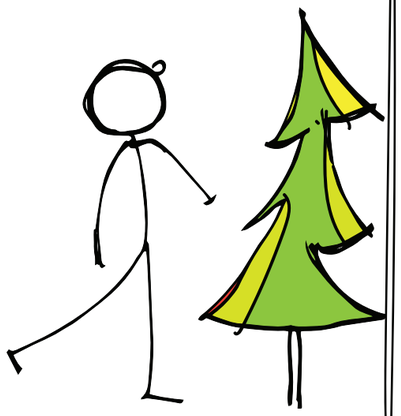
Not My Circus, Not My Monkeys



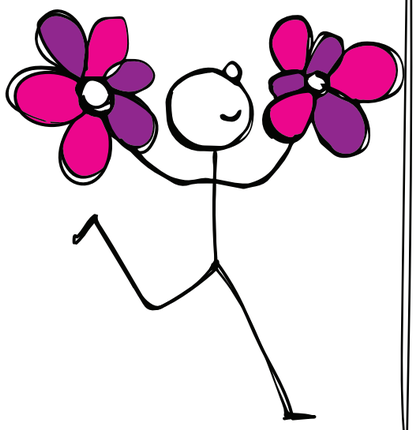
Boundaries



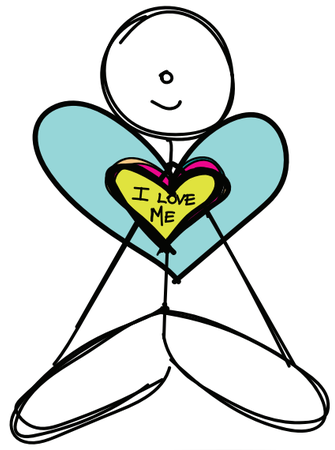
Self Care



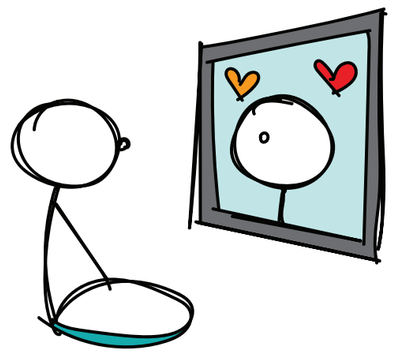
Inner Cheerleader



Who You Calling Sweetheart?



Mirror Work



NOT MY CIRCUS, NOT MY MONKEYS

PURPOSE: You cannot control other people's behaviors or actions. You cannot fix others. The only thing you can control is yourself-how you chose to respond and react.

HOW TO:

- Close your eyes
- Take a deep breath in
- Say out loud or in your head "not my circus, not my monkeys"
- How will you choose to respond or react?
- Let go (if you can't let go; refer to self care methods)
- Change focus, body, and/or thoughts

NAME IT AND TAME IT

PURPOSE: To improve emotional awareness and identifying need.

HOW TO:

- Name the emotion

What do you need?

- Affection? Hug, kiss, snuggle
- Appreciation? "You're doing a good job"
- Attention? Someone to listen
- Alone time? Close the door sit in the bathroom; go for a walk
- A break? Sit in your room

NOTICE YOUR INNER CRITIC

PURPOSE: To identify negative thought patterns, and stop them before they spiral.

HOW TO:

- Notice your negative thoughts

Acknowledge inner critic, and get curious:

- Is it trying to protect you?
- Is it true?
- Are these opinions yours?
- Invite it in for tea
- Talk to it like a friend
- Become Sherlock Holmes
- Feel the fear, but do it anyway
- Change the voice

Change focus, body and/or thoughts:

- Find your state of flow
- Do something different

FEELINGS OF MY HEART

PURPOSE: To help you understand what you're feeling.

HOW TO:

- Draw a heart on a piece of paper
- Write the emotions you're feeling below your heart
- Assign a colour to each emotion
- How much of your heart feels each emotion?
- Colour in your heart

JOURNAL:

- What's the biggest emotion?
- What's the smallest emotion?
- What emotion did you put on your heart first?

FEELINGS IN MY BODY

PURPOSE: To notice sensations in your body, and emotional awareness.

HOW TO:

- Draw a gingerbread man outline
- Write the emotion (mad, sad, angry, scared etc)
- Close your eyes, think about where this emotion shows up in your body
- Pick a colour that represents that emotion
- Colour inside the body where you feel it - Use line and shape to help describe it (light, heavy, jagged etc).

MIRROR WORK

PURPOSE: To foster a supportive and compassionate relationship with yourself. Self-compassion is a seed that grows if you water it

HOW TO:

- Start each day by looking directly into your eyes
- Hold your gaze without looking away
- Hold for the duration of three breaths

Move at a pace that feels comfortable, when you're ready try:

- Say hello to yourself
- Smile and hold it until it becomes genuine
- Compliment yourself
- Tell yourself a funny joke
- Tell yourself something you're proud of

WHO YOU CALLING SWEETHEART?

PURPOSE: During moments of difficulty or negative self-talk, speak to yourself like you would your best friend.

HOW TO:

- Close your eyes
- Take a deep breath in
- Say your personal mantra or phrase to yourself
- Repeat your mantra/phrase over and over again

INNER CHEERLEADER

PURPOSE: Ability to show yourself loving kindness, replace negative self-talk.

HOW TO:

- Close your eyes
- Take a deep breath, self soothing touch
- Repeat your positive belief (eg. "I am worthy")
- Your thought is "I am worthy"
- What's your feeling?
- What's your action?

SELF CARE

PURPOSE: To look after own personal needs (physically, mentally, emotionally, spiritually).

HOW TO:

- Name the emotion
- What activity will help you release/express this emotion?
- Select activity based on how you feel
- Shift your energy
- Change focus
- Reflect what you can do differently

BOUNDARIES

PURPOSE: To provide healthy rules for navigating relationships.

HOW TO:

- Recall your House & Fence drawing, what is one thing you can do slightly different?

Remember:

- It's not my job to fix others
- It's ok if others get angry
- It's ok to say no
- It's not my job to take responsibility for others
- It's my job to make me happy
- Nobody has to agree with me
- I have a right to my own feelings
- I am enough