

Taking Care of Yourself

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Your activities can have an influencing affect on your sense of well-being and ability to deal with stress and difficult situations. Consider the following questions as you review your activities in your effort to take better care of yourself:

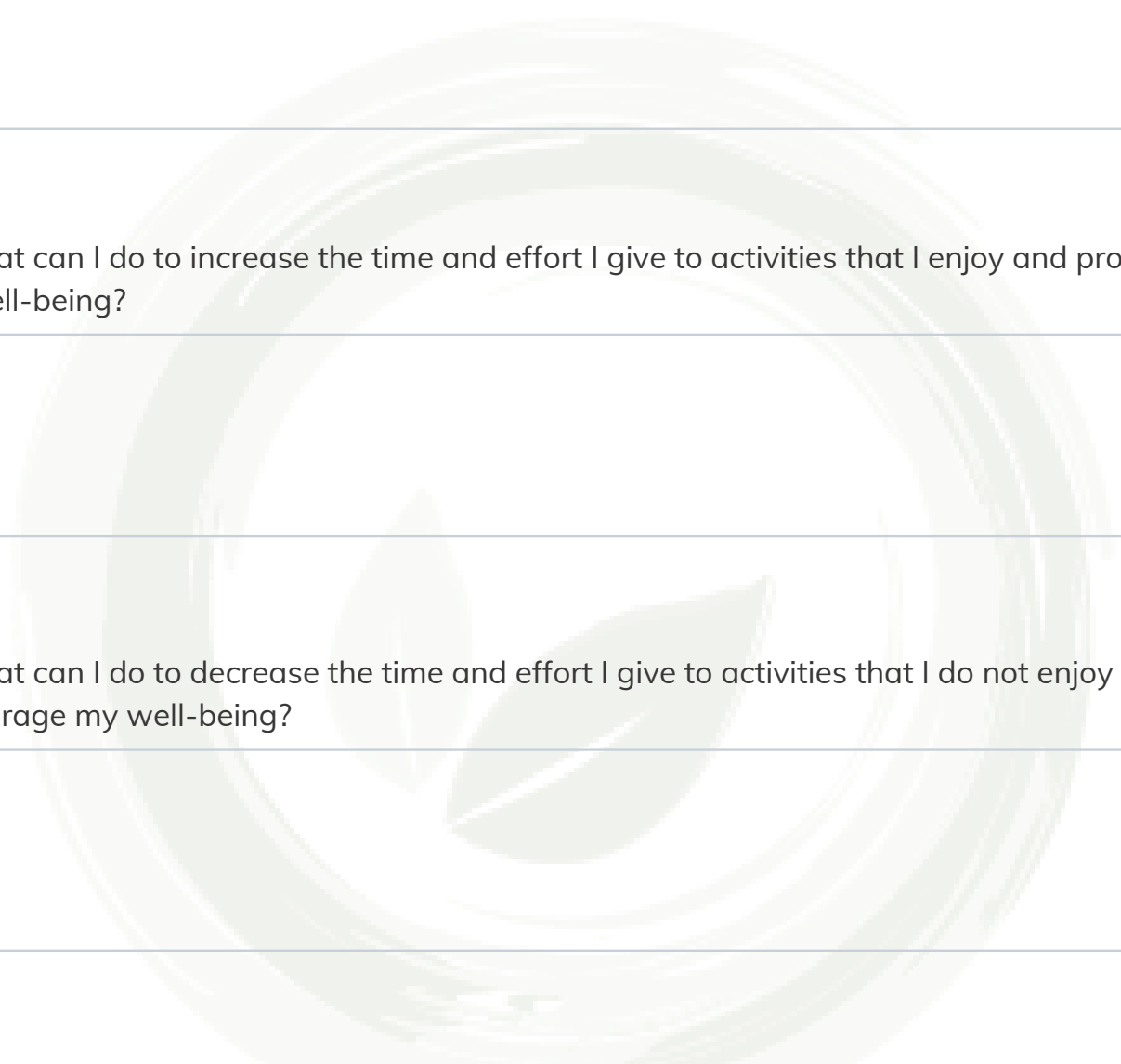
1. What activities do I enjoy, what nourishes my sense of well-being and makes me feel alive and free rather than just existing?

2. What activities do I not enjoy, what saps my energy and decreases my sense of well-being and makes me feel stuck or trapped?

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3. Do I consciously choose activities that encourage my well-being or detriment my well-being?



4. What can I do to increase the time and effort I give to activities that I enjoy and promote my well-being?

5. What can I do to decrease the time and effort I give to activities that I do not enjoy and discourage my well-being?

By choosing to be present in the moment and making conscious decisions about what you need in these moments, you can choose activities that increase awareness and regulate mood.

You can use these daily experiences to nurture activities that can be used as coping mechanisms during stressful or difficult situations. For example, you can promote physical and mental well-being with daily physical activities such as a brisk walk, mindful stretching, swimming, jogging, etc.

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As you begin to include physical activities in your daily routine, this will become a readily available response for use during difficult situations.

For example, if you are in a stressful situation, a short walk to clear your mind may be just the thing you need; or if you are feeling tense and under stress perhaps some mindful stretching would loosen your muscles and calm your nerves.

The best approach to well-being is an individualized approach, taking care of yourself by whatever means works best for you.

How will you take what you learned from this forward into your life?

