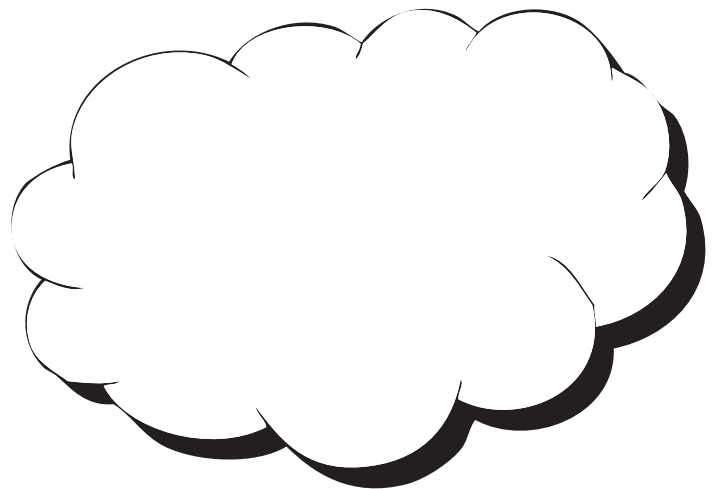
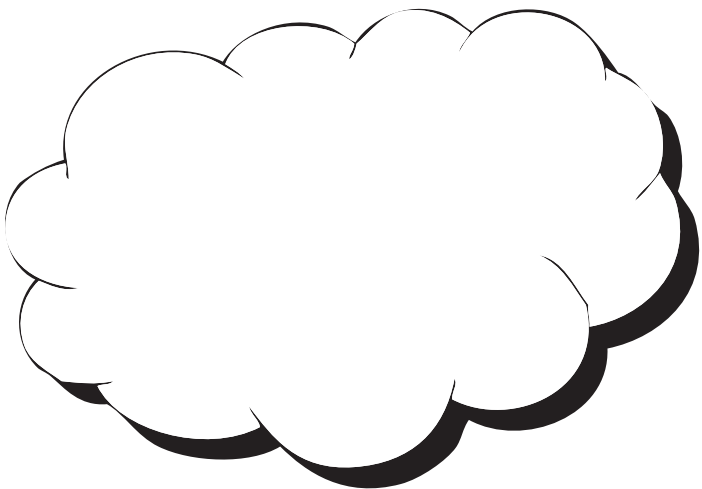
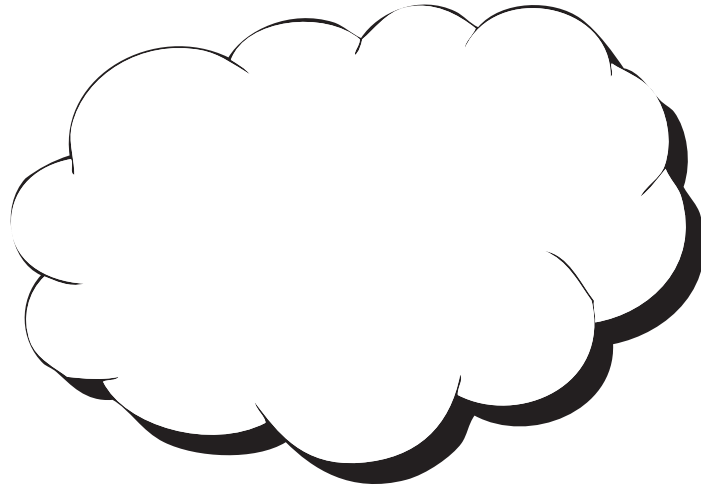
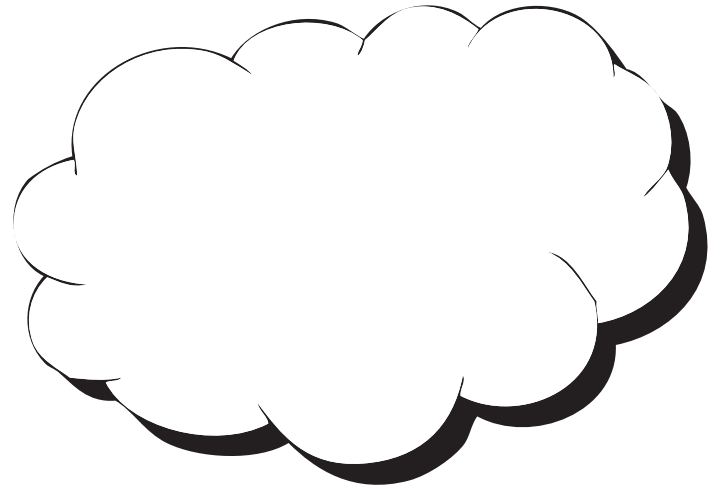
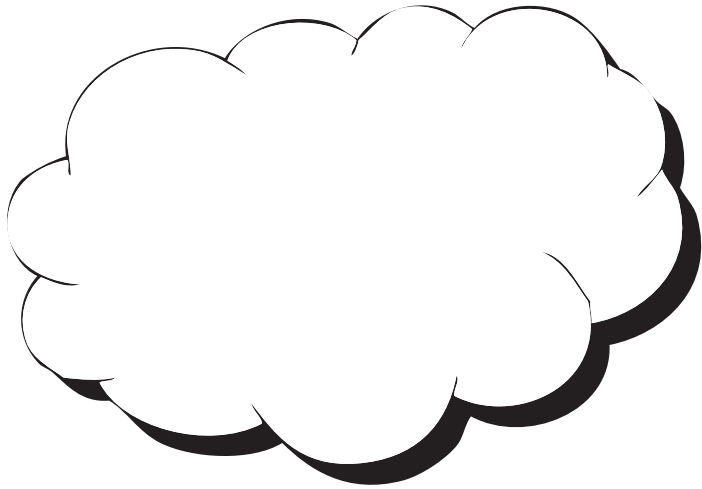
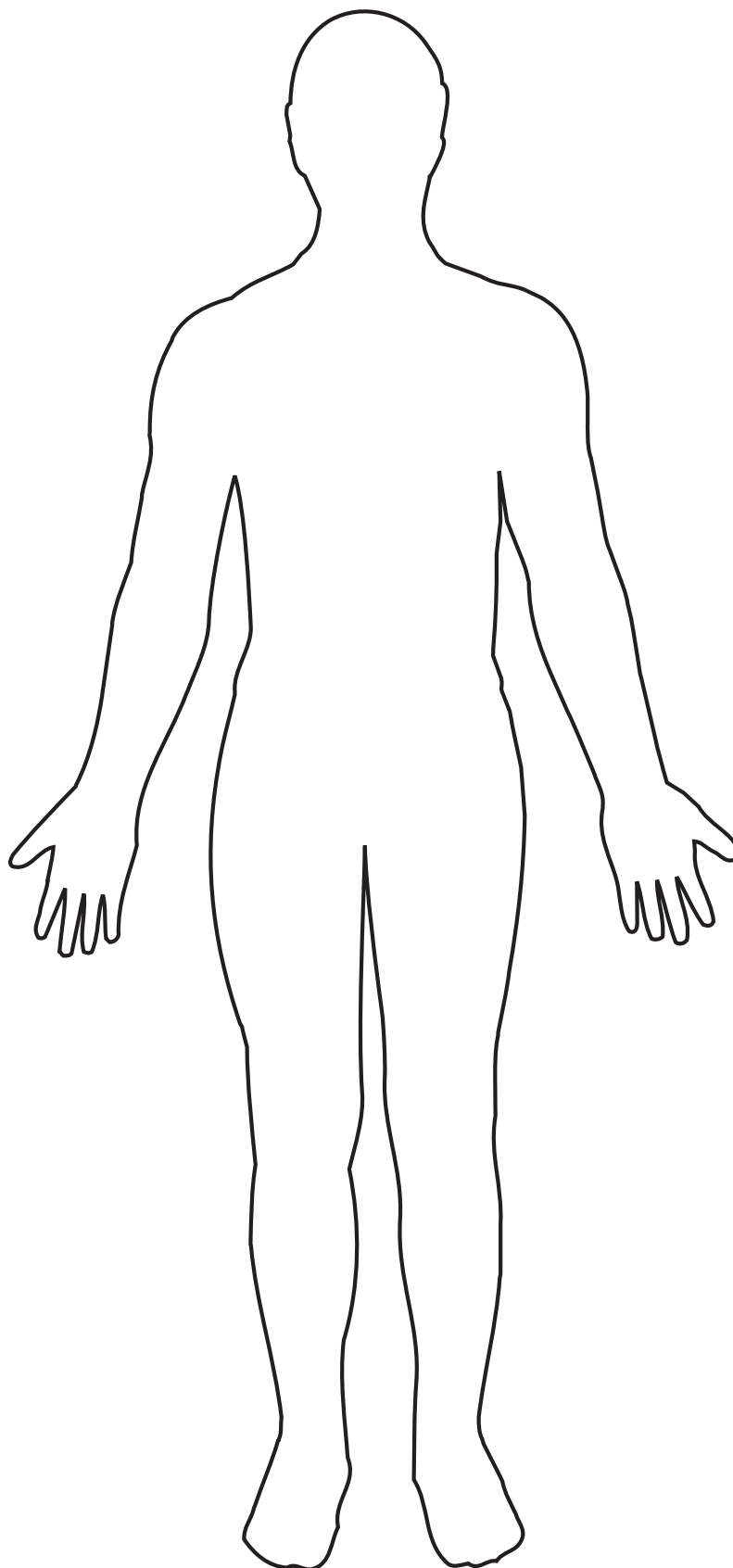


# feelings clouds



# where do i feel pain?



# activities list

Read this list of activities and put a check mark next to all the ones you enjoy doing. Then go back and put a star next to your top three.

- |  |  |
|--|--|
| <input type="checkbox"/> spending time with pets                         | <input type="checkbox"/> watching movies             |
| <input type="checkbox"/> nature/being in the outdoors                    | <input type="checkbox"/> volunteering                |
| <input type="checkbox"/> writing, journaling, blogging                   | <input type="checkbox"/> eating out                  |
| <input type="checkbox"/> Internet, social networking, messaging, posting | <input type="checkbox"/> going to a sporting event   |
| <input type="checkbox"/> taking pictures                                 | <input type="checkbox"/> going to a concert          |
| <input type="checkbox"/> doing a hobby or craft                          | <input type="checkbox"/> camping out                 |
| <input type="checkbox"/> playing or listening to music                   | <input type="checkbox"/> traveling                   |
| <input type="checkbox"/> spending time with your friends                 | <input type="checkbox"/> talking on the phone        |
| <input type="checkbox"/> spending time with your family                  | <input type="checkbox"/> going to a mall or shopping |
| <input type="checkbox"/> gardening                                       | <input type="checkbox"/> dancing                     |
| <input type="checkbox"/> drawing or painting                             | <input type="checkbox"/> singing                     |
| <input type="checkbox"/> exercising                                      | <input type="checkbox"/> cooking                     |
| <input type="checkbox"/> playing a sport                                 | <input type="checkbox"/> building projects           |
| <input type="checkbox"/> mindfulness practice                            | <input type="checkbox"/> playing video games         |
| <input type="checkbox"/> doing yoga                                      | <input type="checkbox"/> driving                     |
| <input type="checkbox"/> reading   | <input type="checkbox"/> skiing or snowboarding      |
| <input type="checkbox"/> taking a shower or bath                         | <input type="checkbox"/> other: _____                |
|  | <input type="checkbox"/> other: _____                |

# 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				

# unpleasant moments calendar

	The Moment	My Thoughts and Feelings	What I Felt in My Body	What I Think and Feel Now
Example	<i>My friend posted an embarrassing selfie of mine to the group we hang out with.</i>	<i>I thought that it would get spread around school and put on social media. I was worried that the rest of my friends would be mad at me. Afterward, I felt hurt and sad.</i>	<i>My face turned beet red. My chest got tight and I had a hard time breathing.</i>	<i>I am pissed off. I feel like I can't trust anyone—even my closest friends.</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				

## coping with painful events

At one time or another, everyone experiences painful or upsetting events. Painful events like doing poorly in a class, getting fired from a job, not getting into the college you wanted to, or losing a friend are all problems that can naturally cause suffering, emotional or physical pain, and stress.

How you choose to respond to and cope with painful life problems affects your overall level of stress, as well as your ability to manage problems. Often people add to their pain and stress by *blocking* it, which will make a stressful situation even worse.

Blocking a problem can include any of these:

- engaging in unhelpful or harmful coping behaviors
- resisting 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



## self-care heart

Imagine your heart looks like this symbolic one. Using these questions as guidelines, fill in this outline:

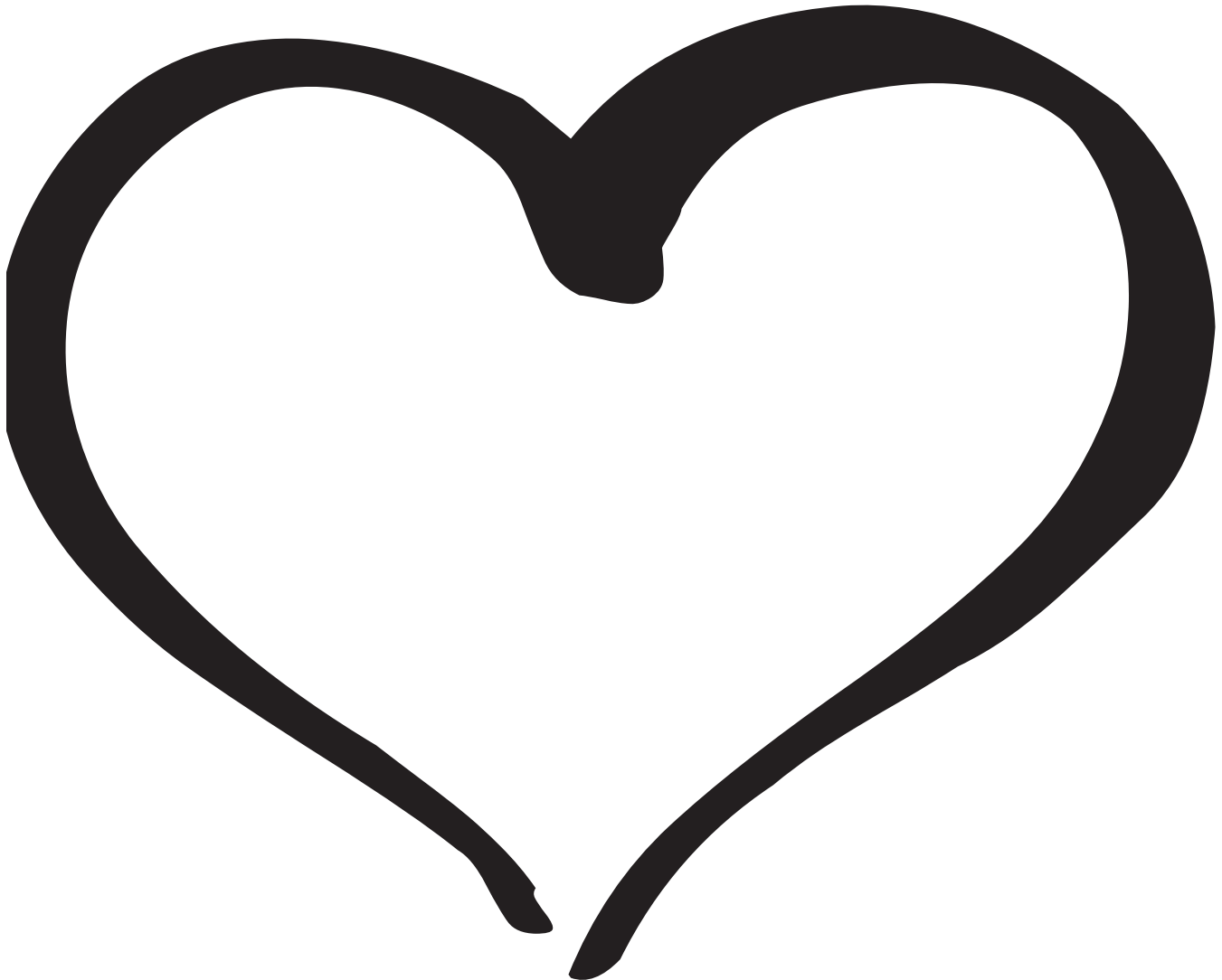
Is your heart full or empty?

What self-care activities can you do to fill up your heart?

What colors does your heart have?

What thoughts or feelings are present in your heart?

If you find that your heart isn't the way you would like it to be, you may need to do more for yourself. And if your heart is to your liking, you can still add in an extra dose of self-care!



## using self-care to manage problems

Taking good care of yourself through engaging in positive self-care behaviors is a healthy way to manage difficult life problems, instead of using unhelpful and harmful coping behaviors.

Here are some positive self-care behaviors.

- Practice the mindfulness exercises you have been learning in this book.
- Set realistic goals for yourself.
- Say kind things to yourself.
- Eat healthy foods.
- Get enough sleep.
- Exercise.
- Notice positive thoughts and give less attention to negative ones.
- Have compassion for yourself.
- Ask for help when you need it.
- Turn off technology when it is negatively impacting your life.
- Do something that makes you smile.
- Listen to your favorite (cheerful) song.
- Spend time with people in your life who build you up, for example, friends or family members.
- Do something you love that would be considered healthy, even if it is just for a minute or two.
- Look at or be in nature.

# 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					

# problems and mindfulness-based solutions

Problem	Possible Mindfulness-Based Solutions
<p>Example: <i>My parents are stressing me out.</i></p>	<p><i>Dropping-in mindfulness practice</i></p> <p><i>Mindful stopping</i></p> <p><i>Pleasant activities: do something I enjoy and that makes me happy</i></p>
<p>Example: <i>I stay online so late that I am exhausted all day.</i></p>	<p><i>Put myself on a good sleep and computer hygiene schedule and routine</i></p> <p><i>Try doing the body scan mindfulness practice before I go to sleep</i></p> <p><i>Remember to use mindful messaging and posting tips when I am online</i></p>

Problem	Possible Mindfulness-Based Solutions