



# MENTALLY UNITED

Empowering Mental Wellness and Connecting Communities

## MENTAL HEALTH AND WELLNESS RESOURCES

A 501(c)(3) Non Profit Organization

Denver, Colorado - United States



# **Life Lessons from Cats**

**Tips for Mental Health and  
Life Growth**

## Soak Up the Sun

Just like cats bask in the sunlight, take time each day to step outside, enjoy the warmth, and recharge your mind and body.



Sun exposure boosts your mood and provides essential Vitamin D, which is vital for your overall well-being.

## Never Say No to Naps

Rest is essential for maintaining balance and recharging your batteries. Don't hesitate to take short naps or restful breaks during the day



Naps have the power to significantly improve your focus, mood, and productivity

## Treat Yourself

Reward yourself for your hard work and efforts, just as cats savor their favorite treats.



Whether it's enjoying a delicious snack or indulging in a special activity, remind yourself that self-care is a necessary part of life

## Know Your Boundaries

Cats are masters of setting boundaries with others, ensuring they get the space they need.



Similarly, it's important to assertively communicate your own limits, protecting your mental and emotional well-being from unnecessary stress.



## Know Your Worth

Cats carry themselves with a sense of pride because they instinctively know their value.



Embrace your self-worth and allow it to guide you in making decisions that align with your personal values and goals.

## Embrace Curiosity

Just as cats are naturally inquisitive, exploring their surroundings with interest, nurture your own curiosity.



Allow yourself to be open to new experiences, learning opportunities, and adventures, which can lead to personal growth and fulfillment.

## Live in the Moment

Cats have an incredible ability to be fully present in whatever they are doing, whether it's playing or resting.



Practice mindfulness by focusing on the present moment, letting go of distractions, and appreciating the here and now.

## Find your Safe Space

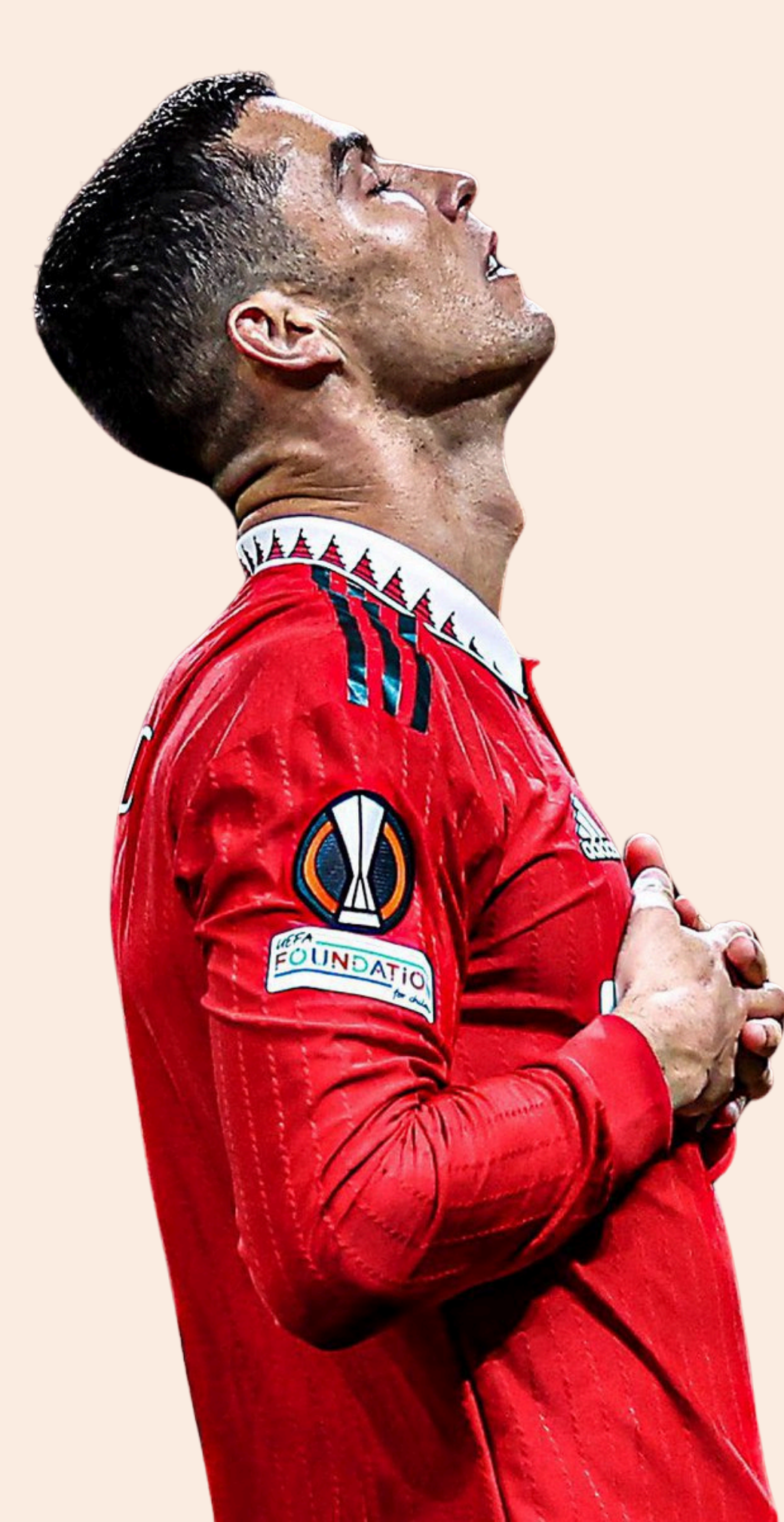
Cats instinctively find and create spaces where they feel safe and as they love being comfortable



Similarly, identify and cultivate environments that bring you peace and relaxation, where you can retreat to recharge and rejuvenate whenever needed.

# RONALDO'S DEEP BREATHING EXERCISE

- 1 PLACE LEFT HAND ON YOUR CHEST, OUT RIGHT HAND ON TOP OF THAT
- 2 LOOK UP, TOWARDS YOUR FOREHEAD, CLOSE YOUR EYES
- 3 TAKE A DEEP BREATHE, THROUGH YOUR NOSE
- 4 HOLD BREATHE FOR 3 to 6 SECONDS
- 5 SLOWLY RELEASE BREATHE THROUGH YOUR MOUTH
- 6 REPEAT 3 to 6 TIMES



# DEEP BREATHING EXERCISE

Deep breathing is often recommended by therapists for a variety of situations to help manage stress, anxiety, pressured moments, and other emotional challenges.



①

PLACE LEFT HAND ON YOUR CHEST, AND THEN RIGHT HAND ON TOP OF THAT

②

LOOK UP, TOWARDS YOUR FOREHEAD, CLOSE YOUR EYES

③

TAKE A DEEP BREATHE IN, THROUGH YOUR NOSE

④

HOLD BREATHE FOR 3 to 6 SECONDS

⑤

SLOWLY RELEASE BREATHE THROUGH YOUR MOUTH

⑥

REPEAT THIS 3 to 6 TIMES



# Power of Teamwork and Togetherness for Mental Health

Teamwork and togetherness are fundamental aspects of human life that significantly contribute to our mental well-being. Whether it's in sports, work, or daily life, collaborating with others and feeling a sense of belonging can greatly enhance our psychological health.



## BENEFITS

### Reduced Stress and Anxiety:

- Working in a team helps distribute the workload and responsibilities, reducing individual stress.
- Social support from team members provides emotional comfort and helps in managing anxiety

### Improved Problem-Solving Skills

- Collaboration brings diverse perspectives, leading to more creative and effective solutions.
- Team members can learn from each other's strengths and experiences.

### Enhanced Self-Esteem and Confidence

- Achieving goals as a team boosts self-esteem and confidence.
- Positive feedback and encouragement from teammates reinforce a sense of self-worth.

### Sense of Belonging and Community

- Being part of a team or group provides a sense of belonging, which is crucial for survival and wellness.
- Regular interaction with teammates fosters strong social bonds and a support network.

# How Soccer Improves Mental Health



Soccer is more than just a sport; it's a powerful tool for enhancing mental health. Playing soccer offers numerous psychological benefits that contribute to overall well-being. Here's how soccer can positively impact your mental health:



## REDUCES STRESS AND ANXIETY

- **Physical Activity:** The physical exertion of playing soccer helps release endorphins, which are natural mood lifters that reduce stress and anxiety.
- **Distraction:** Engaging in the game helps distract the mind from daily worries and stressors, providing a mental break.

## BOOSTS COGNITIVE FUNCTION

- **Strategic Thinking:** Soccer requires quick thinking, strategy, and decision-making, which enhance cognitive function and mental sharpness.
- **Coordination and Focus:** The game improves coordination and focus, benefiting mental agility.



## BUILDS BELONGING AND COMMUNITY

- **Teamwork:** Being part of a team creates a sense of belonging and community, which is crucial for mental health.
- **Support System:** Teammates often provide emotional support and encouragement, fostering a supportive environment.



## INCREASES CONFIDENCE & SELF-ESTEEM

- **Skill Development:** Learning and improving soccer skills increases self-confidence and self-esteem.
- **Positive Reinforcement:** Positive feedback from coaches and teammates reinforces a sense of self-worth.



## ENHANCES MOOD AND MENTAL RESILIENCE

- **Social Interaction:** Soccer fosters social connections, which can improve mood and reduce feelings of loneliness.
- **Sense of Achievement:** Accomplishing goals, whether scoring a goal or improving your skills, boosts self-esteem and mental resilience.



## RELEASES ENERGIES, EASES DYSREGULATION

- **Physical Fatigue:** The physical activity involved in soccer helps tire the body, promoting deeper and more restful sleep.
- **Stress Relief:** Reduced stress and anxiety from playing soccer contribute to better sleep quality.



# How Playing Soccer Can Reduce Stress and Anxiety

## PHYSICAL ACTIVITY AND ENDORPHIN RELEASE

- **Endorphin Boost:** Playing soccer involves vigorous physical activity, which stimulates the production of endorphins—natural chemicals in the brain that act as painkillers and mood elevators.
- **Mood Enhancement:** The increase in endorphins during and after a soccer game can lead to an improved mood, helping to combat feelings of stress and anxiety.

## STRUCTURE AND ROUTINE

- **Regular Exercise:** Incorporating regular soccer practice into your routine provides structure and consistency, which can help stabilize your mood and reduce anxiety.
- **Goal Setting:** Setting and achieving soccer-related goals can give you a sense of accomplishment and purpose, further reducing stress levels.

## PHYSICAL FITNESS AND HEALTH

- **Improved Health:** Regular physical activity through soccer improves overall health, which can reduce the physical symptoms of stress and anxiety.
- **Energy Boost:** Physical fitness boosts energy levels, making you feel more capable of handling stressful situations. Improves cardiovascular health, muscle strength, and stamina.

## SOCIAL INTERACTION AND SUPPORT

- **Building Relationships:** Playing soccer with a team fosters social interaction, helping you build strong relationships and a supportive network. These connections are crucial for emotional well-being.
- **Emotional Support:** Teammates offer emotional support, encouragement, and a sense of belonging. This support system is essential for managing stress and anxiety, as it provides comfort and reassurance.

## MINDFULNESS AND PRESENT-MOMENT FOCUS

- **Present Engagement:** Playing soccer requires you to be fully present and engaged in the moment. Being in the moment helps you break free from negative thought patterns.
- **Mental Clarity:** The concentration required for soccer can clear your mind of clutter. This mental clarity helps reduce stress, as you focus on the game rather than on worries and anxieties.





# How to Foster Teamwork and Togetherness

## REDUCED STRESS AND ANXIETY

- **Be Open and Honest:** Share your thoughts and ideas openly with your team to build trust and understanding.
- **Listen Actively:** Practice active listening by paying attention to what your teammates are saying, showing respect for their viewpoints.

## SET CLEAR GOALS AND ROLES

- **Define Your Objectives:** Clearly understand the goals and objectives of your team so that you know what you are working towards.
- **Know Your Role:** Be aware of your specific responsibilities within the team and how your strengths contribute to the overall goals.



## CELEBRATE SUCCESSES TOGETHER

- **Recognize Achievements:** Take time to acknowledge and celebrate both your own accomplishments and those of your team members.
- **Participate in Team-Building Activities:** Join in activities that promote bonding and camaraderie, such as team outings or social events.



## PROVIDE SUPPORT & ENCOURAGEMENT

- **Offer Help:** Be willing to help and support your teammates, especially during challenging times or when tackling difficult tasks.
- **Encourage Participation:** Motivate yourself and your teammates to actively participate and contribute ideas and skills.

## PROMOTE INCLUSIVITY AND RESPECT

- **Encourage Diversity:** Embrace and encourage diversity within your team, welcoming different backgrounds and perspectives.
- **Respect Contributions:** Show respect for the contributions of all team members, recognizing the unique value each person brings.



# How Soccer Boosts Brain Health and Cognitive Function

## Strategic Thinking and Problem-Solving

- **Tactical Planning:** Soccer involves developing and executing game plans and strategies. This tactical planning enhances strategic thinking and problem-solving skills.
- **Adaptability:** Players must quickly adapt to changing game dynamics, fostering mental flexibility and the ability to think on their feet.

## Quick Decision-Making

- **Rapid Responses:** Soccer demands rapid decision-making. Players constantly assess their environment, anticipate opponents' moves, and decide the best course of action in seconds.
- **Improved Reflexes:** The need for quick responses in soccer sharpens reflexes and enhances the brain's ability to process information rapidly.

## Memory and Recall

- **Tactical Memory:** Remembering plays, strategies, and the tendencies of opponents and teammates enhances both short-term and long-term memory.
- **Pattern Recognition:** Recognizing patterns in the game, such as opponents' strategies or teammates' movements, strengthens cognitive pattern recognition skills.

## Spatial Awareness and Coordination

- **Field Awareness:** Soccer players develop a keen sense of spatial awareness, understanding their position relative to teammates, opponents, and the goal.
- **Coordination:** The sport enhances hand-eye and foot-eye coordination, which are crucial for executing precise movements and actions on the field.

## Concentration and Focus

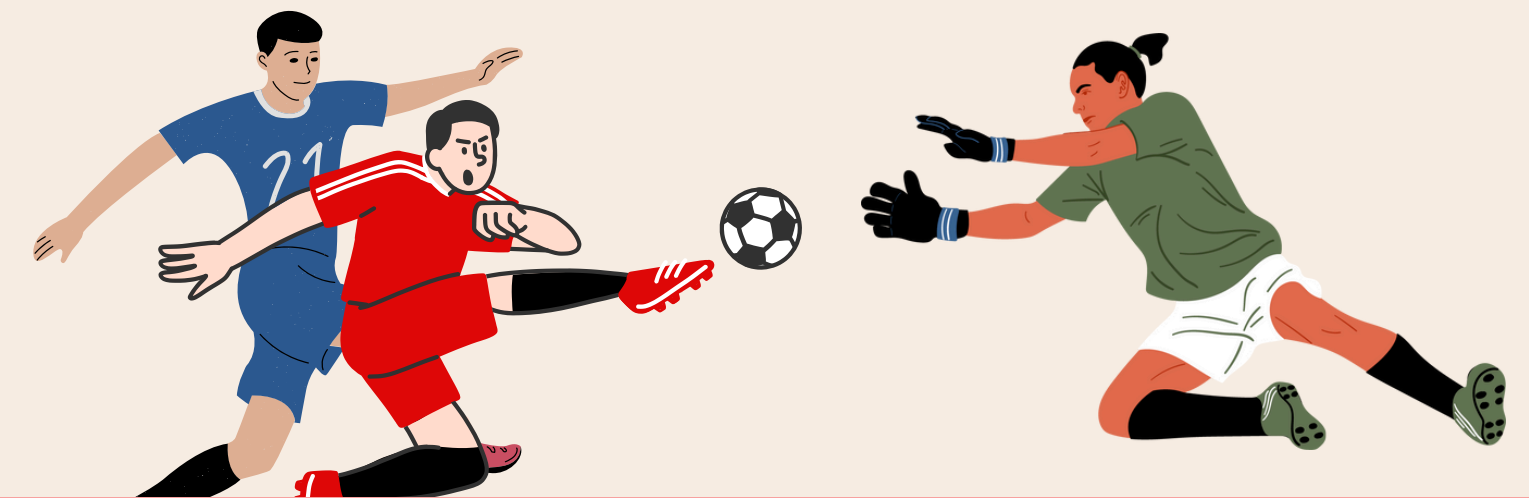
- **Sustained Attention:** Soccer requires sustained attention and focus throughout the match, which improves the ability to maintain concentration over extended periods.
- **Mental Endurance:** The need to stay mentally engaged and alert during the entire game builds mental endurance and reduces susceptibility to distractions.

## Emotional Regulation and Resilience

- **Sustained Attention:** Soccer requires sustained attention and focus throughout the match, which improves the ability to maintain concentration over extended periods.
- **Mental Endurance:** The need to stay mentally engaged and alert during the entire game builds mental endurance and reduces susceptibility to distractions.

## Teamwork and Communication

- **Collaborative Thinking:** Effective communication and collaboration with teammates require and develop cognitive skills related to teamwork.
- **Social Cognition:** Understanding and predicting teammates' and opponents' actions improve social cognition and interpersonal skills.



# Applying Soccer Strategies to Handle Life's Challenges and Stresses



## 1. Teamwork and Collaboration



Just as soccer requires teamwork, facing life's challenges is easier with a strong support network. Collaborating with family, friends, and colleagues to tackle problems collectively reduces personal stress and fosters a sense of shared responsibility. Learning to delegate tasks and trust others, similar to relying on teammates, helps distribute the load, ensuring that no one bears the burden alone.

## 2. Goal Setting and Achievement



Setting clear, achievable goals provides direction and motivation, much like in soccer. Breaking larger tasks into smaller, manageable goals helps maintain focus and momentum. Regularly monitoring progress towards goals and adjusting plans as necessary ensures that you stay on track and achieve success. The satisfaction of reaching these goals contributes to a sense of accomplishment and purpose.

## 3. Focus and Concentration



Staying present and focused is crucial in soccer and in life. Practicing mindfulness and staying present in the moment reduces anxiety and improves decision-making. Avoiding distractions and maintaining concentration on the task at hand enhances productivity and reduces stress. This focused engagement helps you navigate challenges with clarity and purpose.

## 4. Adaptability and Flexibility



In soccer, players must adapt to dynamic game conditions. Similarly, being flexible and adaptable to changing circumstances in life helps manage stress and uncertainty. Approaching problems with an open mind and being willing to adjust strategies as needed can lead to better outcomes. Embracing change rather than resisting it allows for smoother transitions and less anxiety.

## 5. Resilience and Perseverance



Soccer teaches players to bounce back from setbacks, such as missed goals or losses. Applying this resilience to life's challenges means viewing setbacks as opportunities to learn and grow. Persistence is key; keep pushing forward despite difficulties, maintaining a positive attitude and determined effort to overcome obstacles. This mindset builds mental toughness and resilience.

## 6. Strategic Thinking and Planning



Developing and executing game plans in soccer involves strategic thinking and careful planning. Applying these skills to personal and professional challenges involves creating well-thought-out plans to achieve desired outcomes. Anticipating potential challenges and preparing proactive solutions ensures you are ready to tackle obstacles effectively. This foresight and preparation enhance your problem-solving abilities.

# 10 Ways Soccer Benefits Mental Health



Soccer is a powerful tool for enhancing mental health. The physical activity, teamwork, and strategic thinking involved in soccer offer numerous psychological benefits that contribute to overall well-being. Whether you're playing in a competitive league or enjoying a casual game with friends, soccer can help reduce stress, boost mood, and improve cognitive function. This guide outlines 11 key ways in which soccer can positively impact your mental health, providing a holistic approach to maintaining and improving your mental well-being.

01

## Reduces Stress and Anxiety

Playing soccer releases endorphins, natural mood lifters that reduce stress and anxiety levels.

02

## Boosts Mood

Regular physical activity from soccer improves overall mood and combats feelings of depression.

03

## Enhances Social Interaction

Being part of a team fosters social connections, reducing loneliness and promoting a sense of belonging.

04

## Improves Cognitive Function

The strategic thinking, quick decision-making, and focus required in soccer enhance cognitive abilities.

05

## Increases Self-Esteem

Achieving goals and receiving positive feedback from teammates and coaches boost self-confidence and self-worth.

06

## Promotes Better Sleep

Physical exertion from playing soccer helps regulate sleep patterns, leading to deeper, more restful sleep.

07

## Builds Resilience

Facing and overcoming challenges in soccer builds mental toughness and resilience.

08

## Enhances Emotional Regulation

The emotional ups and downs of the game teach players to manage their emotions effectively.

09

## Offers a Mental Break

Focusing on the game provides a temporary escape from daily worries and stressors, offering a mental reset.

10

## Encourages Mindfulness

Game requires players to stay present & focused, similar to mindfulness, which reduces stress & improve mental clarity.

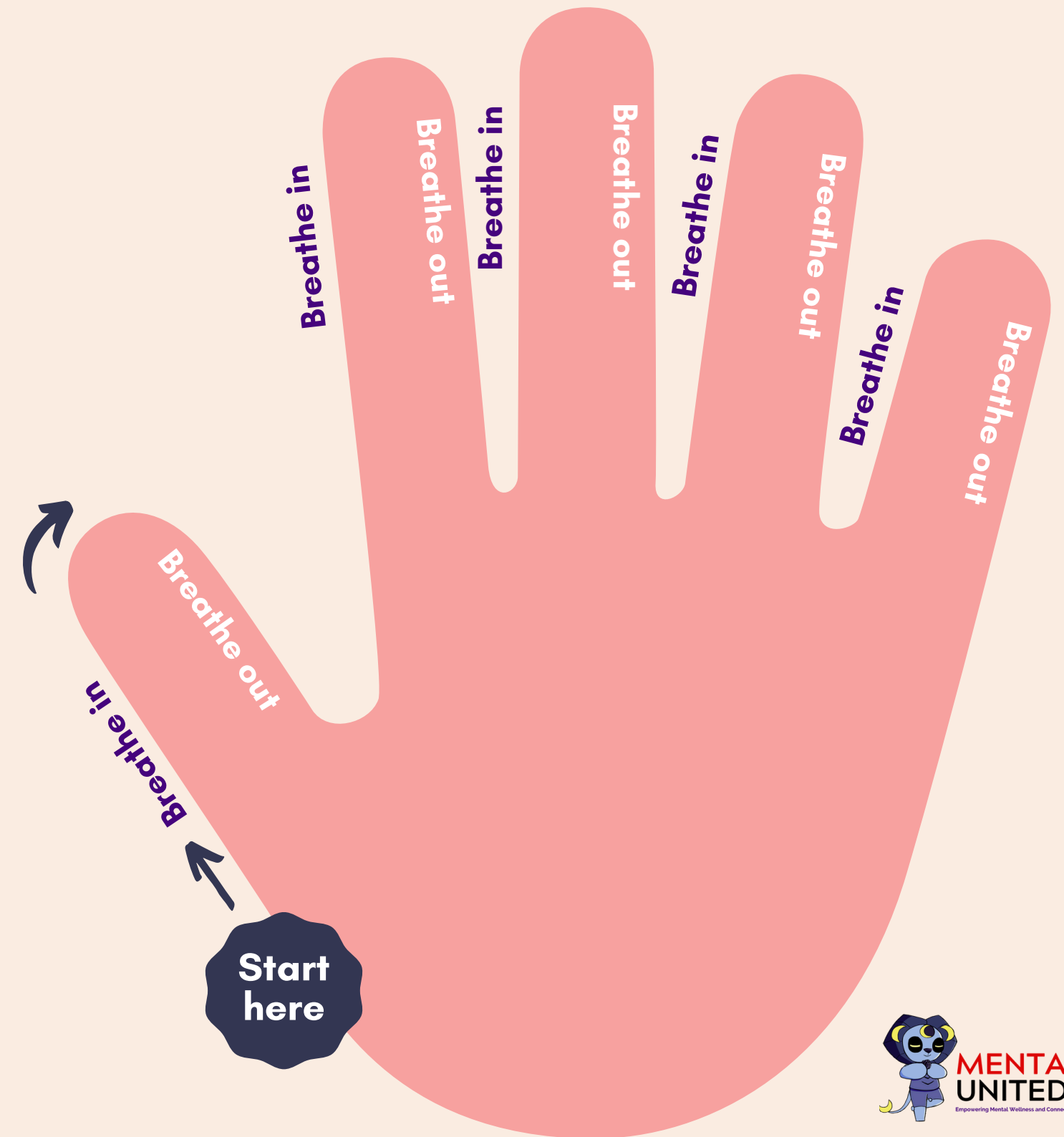
## CALM YOURSELF WITH A RONALDO'S DEEP BREATHING EXERCISE



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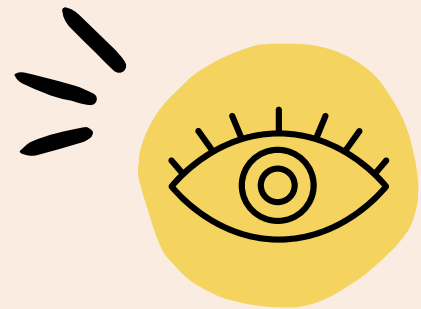
## CALM YOURSELF WITH A 5 FINGER BREATHING



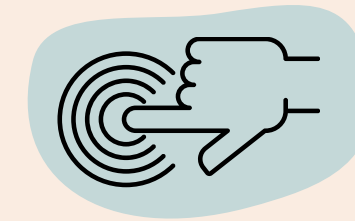
Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.



# CALMING STRATEGY SENSES



**5** THINGS YOU CAN SEE



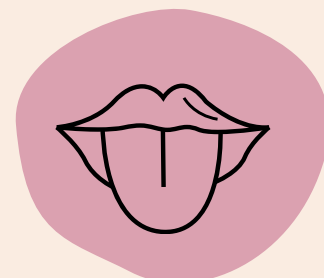
**4** THINGS YOU CAN TOUCH



**3** THINGS YOU CAN HEAR



**2** THINGS YOU CAN SMELL



**1**

THING YOU CAN TASTE



For More Mental Wellness Resources, Visit: [www.mentallyunited.com](http://www.mentallyunited.com)

# QUICK WAYS TO TAKE A BREAK AND RELAX



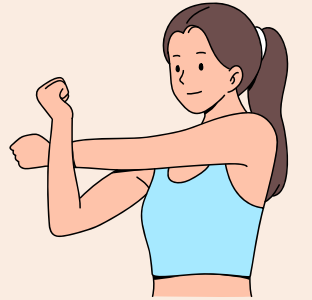
# TO CALM DOWN, I CAN...



Read



Drink



Stretch



Breathe



Think



Rest



Draw



Create



Clean



# UNDERSTANDING EMPATHY

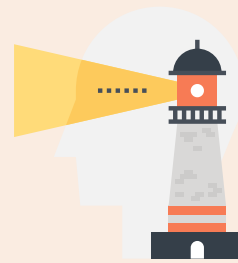
Empathy is ability to understand and share the feelings of others. It involves recognizing, resonating with someone else's emotions, perspectives, & experiences.

## DEVELOPING EMPATHY SKILLS



### Active Listening

Teach your child to listen attentively to others without interrupting, and to reflect on what they've heard before responding.



### Perspective-Taking

Encourage your child to consider situations from different viewpoints, imagining how others might feel or think in various circumstances.



### Identifying Emotions

Help child learn to recognize and label their own emotions and the emotions of others, fostering emotional intelligence and empathy.



### Empathy in Action:

Encourage your child to practice empathy in real-life situations by actively seeking opportunities to understand and support others.

## PRACTICING EMPATHY IN DAILY LIFE



Encourage your child to consider how their actions impact others and to take responsibility for their words and behavior.

Foster open communication and discussions about empathy, sharing stories or examples of empathy in action



## WHY EMPATHY MATTERS:

Empathy is essential for building positive relationships, resolving conflicts, and fostering a sense of connection and understanding among individuals.



By developing empathy skills and promoting kindness and compassion, children can contribute to a more empathetic and caring society



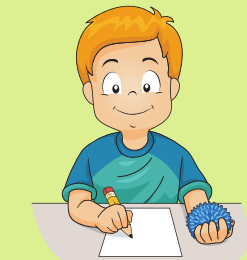
# EMOTIONAL REGULATION

### LIFT SOMETHING HEAVY



### STRETCH

### SQUEEZE AND RELEASE



### NAME MY FEELINGS

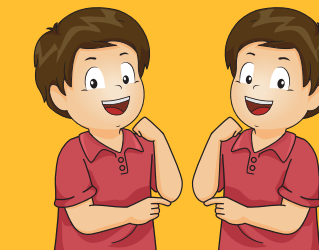


### HAVE A SNACK

### WARM BATH



### SMELL MY FAVOURITE SCENT



### SELF TALK



### WALL PUSH UP

### HAVE A REST



### BREATHE

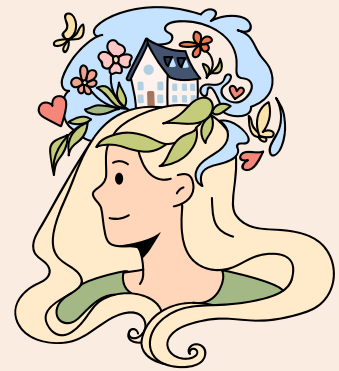


### THINK OF A CALM PLACE





# EXAMPLES OF COPING STRATEGIES TO TRY



Visualization (imagine a happy place)



Using a sensory tool like a stress ball



Drawing or coloring to express emotions



Listening to calming music or nature sounds



Taking a break in a quiet space



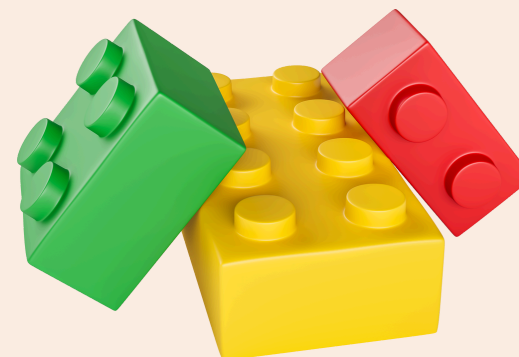
Using positive self-talk ("I can do this!")



Practicing mindfulness or meditation exercises



Engaging in physical activity or exercise



Building something with blocks or Legos

# WHAT IS PLAY THERAPY?



Play therapy is a form of therapy that utilizes play to help children express their feelings, thoughts, and experiences in a safe and supportive environment. Through play, children can communicate and explore difficult emotions and experiences that may be challenging to express verbally.

## BENEFITS FOR CHILD DEVELOPMENT:

### Emotional Expression

Play provides children with a natural outlet to express their emotions. Through play, children can act out scenarios, express feelings, and process difficult experiences.



### Communication Skills

Play therapy enhances communication skills by encouraging children to express themselves verbally and non-verbally and teaches them to articulate their thoughts and feelings effectively.



### Problem-Solving Abilities

It supports social development by interactions with therapist and peers in a structured and supportive setting as children learn important social skills such as cooperation, empathy, and turn-taking.



### Problem-Solving Abilities

Play therapy promotes problem-solving skills as children engage in imaginative play and work through various scenarios. It encourages creativity and flexibility in thinking.



# COPING WITH ANGER

Write down five things that make you feel angry.

Five horizontal light blue bars for writing down things that make you feel angry.



**NO!**



# COPING WITH ANGER

Write down five healthy coping skills.

Five horizontal light blue bars for writing down healthy coping skills.



# MASTERING YOUR MINDSET

## NEGATIVE MINDSET

✗ THIS IS TOO HARD, I GIVE UP

✗ I MADE A MISTAKE

✗ I DON'T KNOW HOW

✗ THIS ISN'T WORKING

✗ I'M NOT GOOD ENOUGH

## GROWTH MINDSET

✓ I WILL PERSEVERE & KEEP TRYING

✓ MISTAKES HELP ME GROW

✓ I CAN LEARN HOW & IMPROVE

✓ I'LL TRY A DIFFERENT WAY

✓ I WILL PUT IN MY BEST EFFORT



# Mental Health It's Okay If You



Are Having  
a bad day



Make  
mistakes



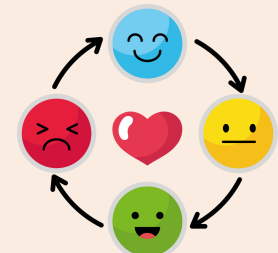
What you did  
was not perfect



Ask for personal  
space



Put yourself  
first



Feel your  
emotions



Rest and  
Recharge



Set Healthy  
Boundaries



Take a break from  
everything

# HOW TO ACHIEVE A MINDFUL MINDSET

## Externally

- ★ Create a mindful environment
- ★ Spend time in nature
- ★ Listen to relaxing Music
- ★ Connect with others
- ★ Journal your thoughts

## Internally

- ★ Be more confident
- ★ Show kindness
- ★ Love yourself
- ★ Have a plan
- ★ Connect with your values
- ★ Practice gratitude
- ★ Acknowledge your thoughts
- ★ Connect with your Body
- ★ Practice deep breathing



# TIPS FOR STAYING MOTIVATED

## Do

- SET CLEAR AND ACHIEVABLE GOALS
- BREAK TASKS INTO SMALLER STEPS
- PLAN AND VISUALIZE YOUR GOALS
- FOCUS ON YOUR PROGRESS
- CULTIVATE A POSITIVE MINDSET



## Don't

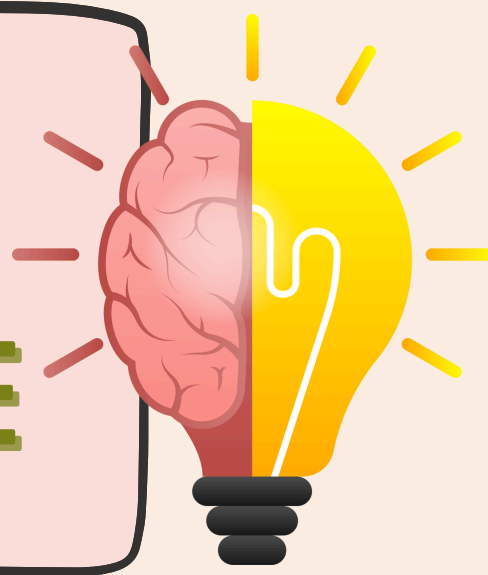
- DON'T OVERLOAD YOURSELF
- DON'T NEGLECT SELF-CARE
- DON'T LOSE SIGHT OF YOUR "WHY"
- DON'T BE AFRAID OF FAILURE
- DON'T COMPARE YOURSELF TO OTHERS



# Coping Strategies

- Deep breathing exercises
- Visualization (imagine a happy place)
- Progressive muscle relaxation
- Counting to 10 or reciting a calming mantra
- Using a sensory tool like a stress ball or fidget spinner
- Drawing or coloring to express emotions
- Listening to calming music or nature sounds
- Taking a break in a quiet space
- Using positive self-talk ("I can do this!")
- Engaging in physical activity or exercise
- Playing with a pet
- Hugging a stuffed animal or blanket
- Writing or journaling about feelings
- Practicing mindfulness or meditation exercises
- Going for a walk outdoors
- Talking to a trusted adult or friend
- Using a coping toolbox with comforting items
- Creating a calming routine or ritual
- Taking a warm bath or shower
- Imaginative play with dolls or action figures
- Building something with blocks or Legos
- Reading a favorite book or listening to a story
- Watching a funny or uplifting movie or show
- Making a gratitude list or drawing things they're thankful for
- Playing a game or puzzle to distract the mind
- Engaging in creative activities like crafting or cooking
- Practicing yoga or stretching exercises
- Using a feelings chart to identify and label emotions
- Setting achievable goals and celebrating accomplishment
- Self-care activities like brushing teeth or taking care of personal hygiene.
- Creating a calming jar or sensory bottle with glitter and water
- Blowing bubbles to promote deep breathing
- Practicing grounding techniques by naming five things they can see, hear, touch, smell, and taste
- Making a worry doll or plushie to share worries with
- Doing a puzzle or maze activity
- Making and playing with playdough
- Building a fort or cozy space to retreat to
- Doing a guided imagery exercise, imagining floating on a cloud or sailing on a boat
- Writing a letter or drawing a picture to express feelings and then tearing it up or crumpling it
- Creating a gratitude jar and writing down things they are grateful for each day
- Practicing positive affirmations in front of a mirror
- Making a DIY stress ball with flour or rice and a balloon
- Engaging in pretend play with dress-up clothes or costumes
- Doing a simple cooking or baking activity with supervision
- Using a mindfulness coloring book or printable sheets

# 20 WAYS TO FIND JOY AND PURPOSE

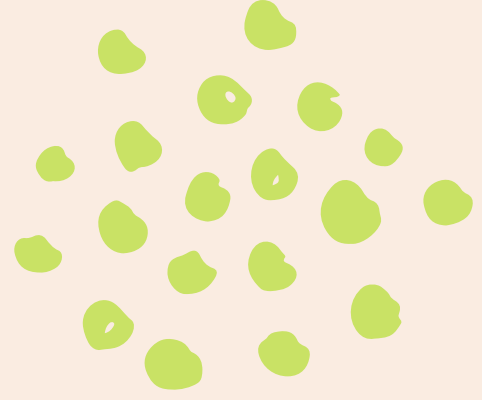


- Volunteer at a local organization or charity
- Start a garden or grow your own herbs
- Try a new hobby, painting, drawing, or knitting
- Take a class or workshop to learn a new skill
- Attend a baking lesson
- Join a club/group that shares your interests
- Practice yoga or meditation
- Read a good book or listen to an audiobook
- Try physical activity- running, cycling, swimming
- Learn a new language



- Take a cooking class or try out new recipe
- Take a dance class or join a dance group
- Pet a furry
- Go to the theater or a live performance
- Attend and support a local comedy club
- Dip your toes into astrology
- Sneak into history or explore the future
- Fly into astronomy and space
- Eat and try new food
- Explore the depths of nature





# Self-Esteem Bingo



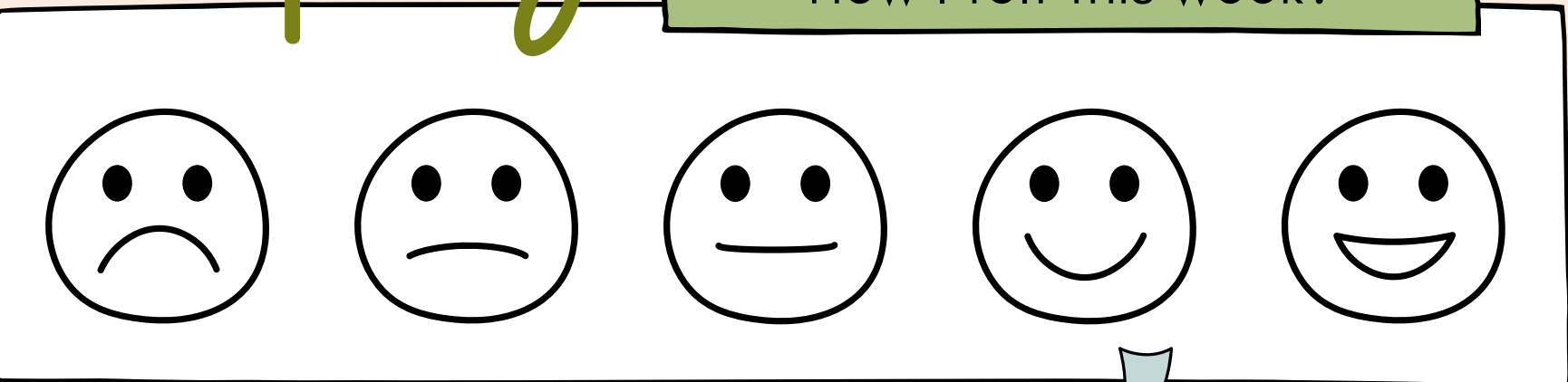
MASTER A NEW SKILL	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE OFTEN	CULTIVATE HOBBIES		LIVE HUMBLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	RECLAIM INTEGRITY

# Weepley REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

How I felt this week?



Coping Skills I practiced

Blank space for writing coping skills practiced.

3 GOOD THINGS THAT HAPPENED

Blank space for writing 3 good things that happened.

Reason for my rating

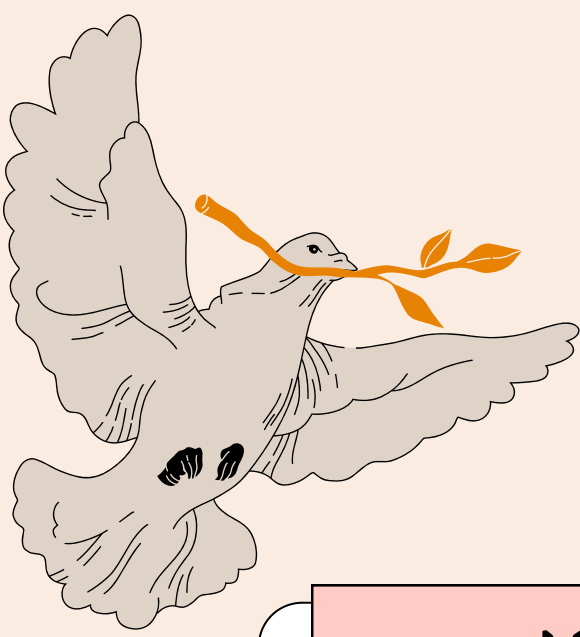
Blank space for writing the reason for the rating.

Things/Action that made me :)

Blank space for writing things or actions that made the user happy.



# PROBLEM & SOLUTION



Insecurities are a natural part of being human, and we all have them to varying degrees. These feelings of inadequacy, self-doubt, and uncertainty can be overwhelming and affect many areas of our lives. At the heart of this worksheet is the belief that the Bible provides guidance, comfort, and encouragement to those who seek it. Our goal is to help you identify one of your insecurities and find a corresponding biblical verse that speaks to your specific struggle.

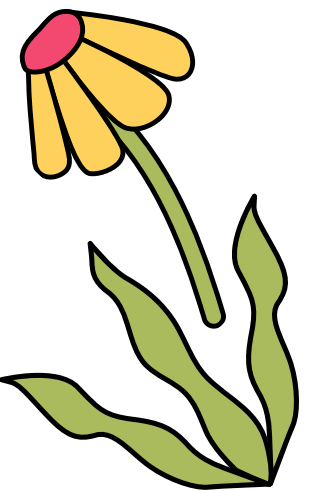
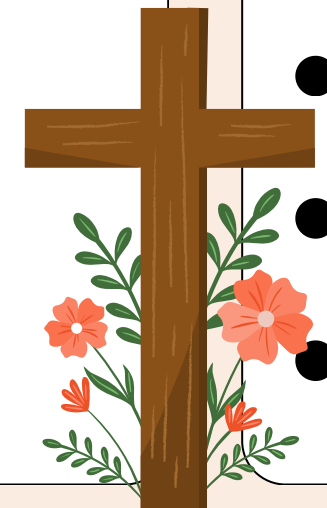
## MY INSECURITIES:

● I'm not lovable

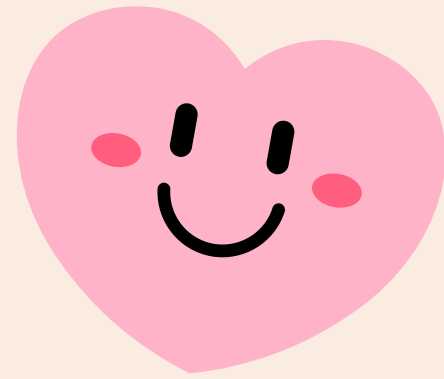


## WHAT BIBLE SAYS?

● For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)



# HOW ARE YOU FEELING?



## NAMING YOUR EMOTIONS

Delighted

Angry

Irritated

Upset

Anxious

Excited

Happy

Sad

When I wake up in the morning, I feel:

When I leave for school in the morning, I feel:

When I am on my way back from school, I feel:

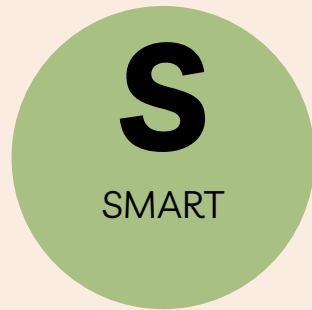
When my parents hug me, I feel:

WHEN:

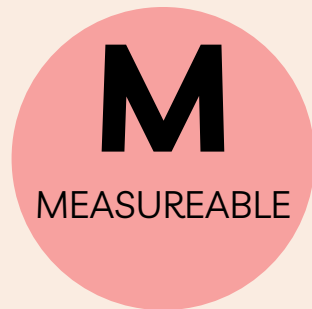
I FEEL:

# SMART GOALS

SMART GOALS ARE GOALS THAT ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND. THIS FRAMEWORK HELPS INDIVIDUALS AND ORGANIZATIONS SET WELL-DEFINED, MEASURABLE, AND ACHIEVABLE GOALS THAT ALIGN WITH THEIR VALUES AND PRIORITIES.



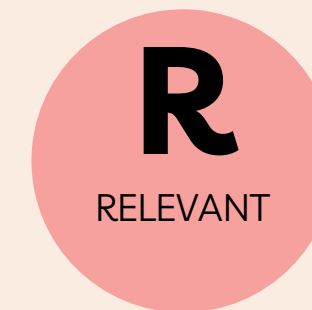
WHAT DO YOU WANT TO ACCOMPLISH?



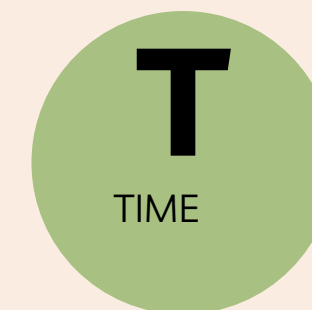
HOW WILL YOU KEEP TRACK OF YOUR PROGRESS?



WHAT DO YOU NEED TO DO IN ORDER TO REACH THE GOAL?



HOW WILL THIS GOAL HELP YOU?



WHEN WILL YOU ACCOMPLISH THIS GOAL?

# APRIL GOALS

INTRODUCING OUR APRIL MONTHLY GOAL-SETTING RESOURCE - A POWERFUL TOOL TO HELP YOU ACHIEVE YOUR PERSONAL AND PROFESSIONAL ASPIRATIONS. TAKE CONTROL OF YOUR LIFE AND MAKE APRIL THE MONTH OF PROGRESS AND GROWTH WITH OUR COMPREHENSIVE GUIDE TO SUCCESSFUL GOAL-SETTING.

## PERSONAL

## PROFESSIONAL

# TO-DO LIST

PLAN FOR SUCCESS! THIS RESOURCE HELPS YOU WRITE AND TRACK YOUR TO-DO TASKS, MAKING IT EASIER TO STAY ORGANIZED AND PRODUCTIVE.

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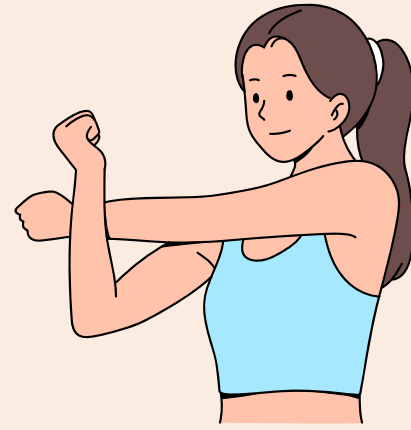
# To calm down, I can...



Read



Drink



Stretch



Breathe



Think



Rest



Draw



Create



Clean



Music

# TODAY I FEEL

Use these emotion words to describe how you feel today.



happy



sad



nervous



excited



angry



frustrated



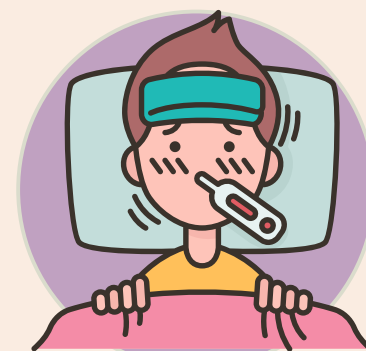
sleepy



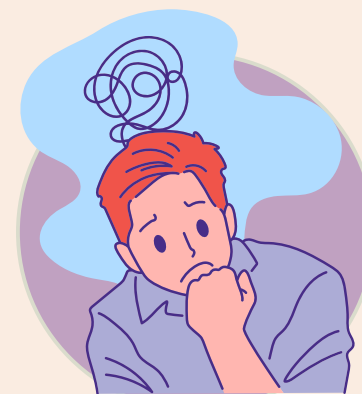
playful



exhausted



sick



worried

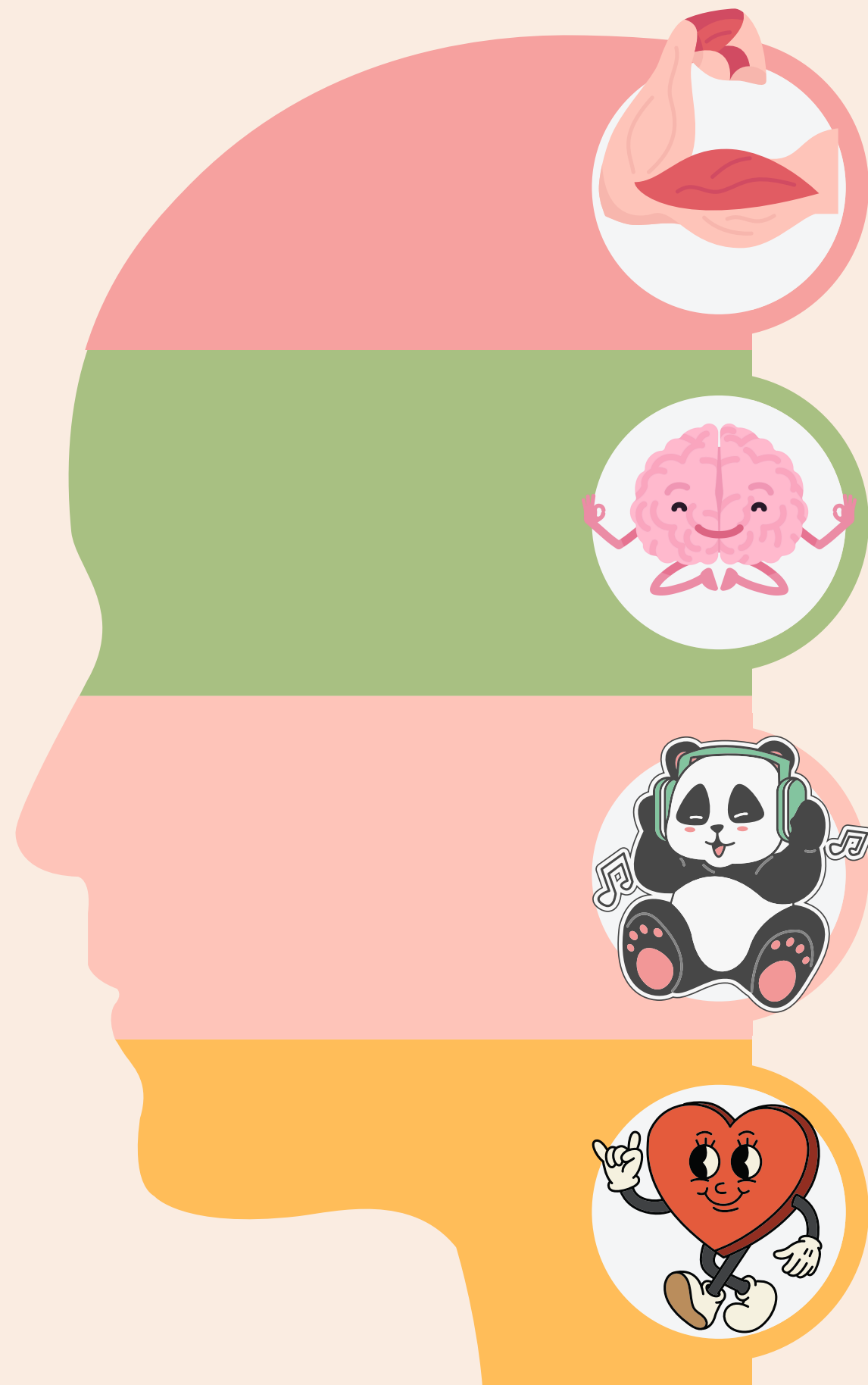


not sure?

**Office-Friendly  
Coping Strategies  
for Stress Relief and  
Well-Being**







**Progressive Muscle  
Relaxation (PMR)**

**Mindfulness meditation**

**Listen to Calming  
Music or Sounds**

**Mindful Walks**



## Progressive Muscle Relaxation (PMR)

Progressive Muscle Relaxation (PMR) is another valuable technique for reducing workplace stress. To practice PMR, sit or lie down in a quiet space. Start by tensing a muscle group, such as your shoulders or fists, for about five seconds, then release and relax for 20-30 seconds. Move through your body, progressively tensing and relaxing each muscle group, from your head to your toes.



This exercise helps identify and release physical tension, promoting relaxation and reducing stress. Regular PMR practice can improve your overall sense of well-being and ability to manage workplace pressures effectively.



# Mindfulness Meditation

Mindfulness meditation is a powerful tool for managing stress in the office. To practice, find a quiet spot, sit comfortably, and close your eyes. Take a few deep breaths to center yourself. Now, focus your attention on your breath. Inhale deeply for a count of four, then exhale slowly for a count of six. As thoughts arise, acknowledge them without judgment and gently return your focus to your breath.



Regular practice can enhance resilience, body dysregulation improve concentration, and help you stay calm and composed during busy workdays.



## Listen to Calming Music or Sounds

When the demands of the workday become overwhelming, consider taking a moment to listen to calming music or sounds. Find a comfortable spot in your workspace, put on your headphones, and immerse yourself in soothing melodies or calming sounds like ocean waves, birdsong, or rainfall. Close your eyes briefly and let the harmonious tunes wash away stress and tension.



This simple practice can help you regain focus, boost your mood, and provide a much-needed break to recharge your mental energy and stay productive.



# Taking Mindful Walks

Taking short, mindful walks can be a refreshing break during a busy workday. Step away from your desk, and with each step, focus on the sensation of walking—the feeling of your feet touching the ground, the rhythm of your breath, and the sights and sounds around you. Whether you walk inside the office building or outdoors, this practice can help clear your mind, reduce stress, and boost your creativity.



Just a few minutes of mindful walking can make a significant difference in your overall well-being, allowing you to return to your tasks with a renewed sense of clarity and calm.