

## OUR STARTING POINT

6 Weeks to Feeling Better

# WEEK 6

self - help future your

**Key Takeaway:** The bad days and hard weeks will still show up no matter what we do. But we can feel more in control of these days by planning ahead.

**Action:** With some of the skills you've picked up plan out what future overwhelmed you could really use to keep herself feeling good.

self - rampage

**Key Takeaways:** Being in a bad mood is also inevitable, but we can't live in that mode forever, especially when we have people who rely on us

**Action:** Practice working yourself up the emotional ladder. Feel all the feelings and take all the time you need, but practice to see if this helps you feel better.

self - reflection

**Key Takeaways:** After all this time, let's look and see the changes you've made. Even, and especially, the changes we continue to keep up with consistently make the biggest differences in our lives.

**Action:** Watch your email at the end of July or the beginning of August when our next 6-week course will come out.

# WEEK 6

## Recap

- Pre-plan out what you need for a hard week or a hard day.
- Rampage out of a low mood
- Noticing How Awesome You Are Everyday
- **Packing 2 meals/snacks per week**
  - Bonus if you're looking at your week and choosing meals and snacks that will improve your day and help you digest more easily.
- **15 minutes of movement 2x/ week,**
  - Try to notice what movements you enjoy more than others.
  - What movements do you avoid and do you need to add those in for their overall health benefits?
- **8 minutes of connection per week, in a way that works for the week you have.**
- Have fun, even a little bit, each day.
- Check out your stools and see what foods you can add to make some difference.
- Sleep Hygiene, what fun activities are you adding at night, what responsible actions are you adding in?
- Notice when the voices in your head don't have your best interests at heart.

\* self \* movement \* stillness \* nutrition \* community \*

# Hard week/Day Tips and Tricks

## Stillness:

- Box Breathing (inhale for 4, hold for 4, exhale for 4, hold for 4, repeat as long as you need)
- Stay in your car before/after a stressful event
- listen to a meditation in a quiet place

## Finding Fun:

- Look for things that are your favorite color
- Try not to step on a crack
- Wear fun earring or get dressed up
- Watch funny youtube videos

## Helpful Movement:

- Park at the back of the parking lot
- Stretch before bed
- Punch the air... a lot
- Dance party in the house
- Video game that is a dance or activity based

## Sense of Self:

- 5,4,3,2,1 Grounding (See 5 things, touch 4 things, hear 3 things, smell 2 things, taste 1 thing)
- Walk or touch grass
- Stop to notice how your body physically is feeling

# WORST DAY PLAN

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FINDING FUN  
TODAY!



HELPFUL  
MOVEMENT



EXTRA WATER  
REMINDER



TODAY I AM  
GRATEFUL FOR:

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PLAN TO CONNECT

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FOOD THAT FUELS

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

REMINDER: I'M  
AWESOME BECAUSE...



FIND STILLNESS

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# Hard Week Plan:

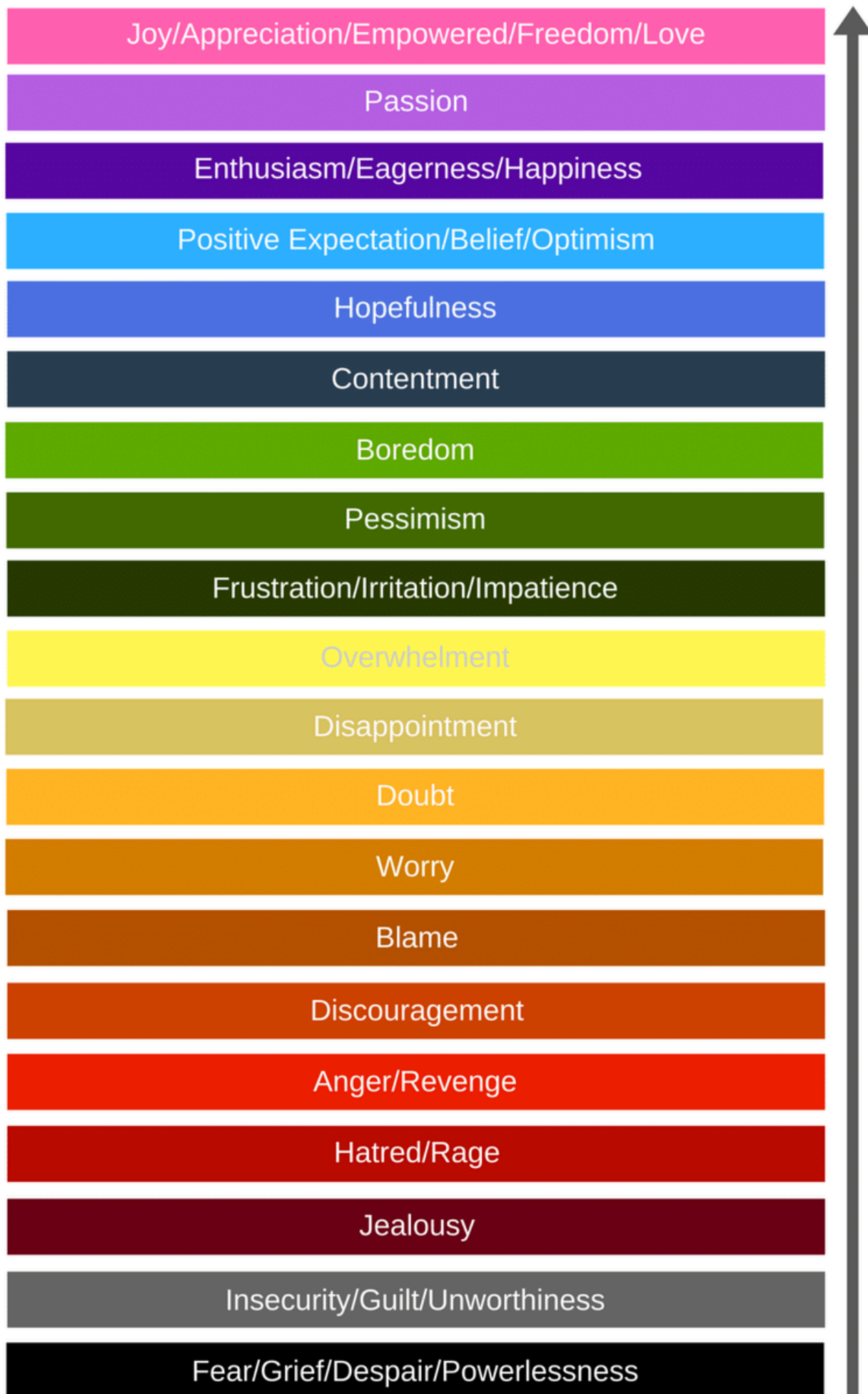
Schedule the following to help you have a week you feel good about

Helpful Snacks/Meals	Gentle Movement	True Connection	Stillness and Rest	Sense of Self
Where do you need to be fed and nourished?	How can you move your body to feel energized or reduce stress?	Who or how can you connect to improve mood?	Where can you put boundaries to get rest or quiet you need to restore yourself?	Remind yourself daily that you are a powerful amazing creature?

Monday	Tuesday	Wednesday
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Thursday	Friday	Weekend
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I'm awesome because...

How can you sneak in some fun this week?



Move UP the emotional scale

# Taking Stock

**If you can remember, compare these answers to how you answered 6 weeks ago.**

1. How many days a week do you participate in gentle movement
2. How much time are you on your phone each day?
3. Do you eat a vegetable daily? A few times a week?
4. Do you eat a fruit daily? A few days a week?
5. How often are you eating fried foods?
6. How often do you eat beans or legumes?
7. How often do you eat nuts or seeds?
8. Do you get to sleep easily?
9. How many hours a night do you sleep on average?
10. Do you have someone you can connect with when things are going well?  
Badly? Just to have fun with?
11. Have you had fun this week?
12. Do you feel connected to any sort of spirituality?
13. Do you have a medication-life practice?
14. What is your stress level on any given day?

**Where do you think you changed the most?**

**What were you most surprised by?**

GOAL #1	WHAT SUCCESS LOOKS LIKE
ACTION STEPS	
<div>DUE DATE: _____</div>	<div><div></div><div></div><div></div></div>

# HABIT TRACKER

MONTH: \_\_\_\_\_

## MORNING ROUTINE

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## MOVEMENT

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## MEALS

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## SELF-CARE

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