

August 9, 2021

Good morning and happy Monday team!

Welcome to week 3 of Motivational Mondays! Be proud of yourself. This week is going to help you gather a sense of where you are with your mindset. Check in with your mind, body, and soul. The goal is to foster acceptance of where you are and let go of any judgements you may be holding on to. It doesn't matter where you started – it just matters THAT you started.

*Let's check in with your mind

What emotions are you experiencing? What thoughts are lingering?

Mindfulness is a great tool used to guide you in gentle awareness and self-compassion in your daily life. The goal is to use this five-step tool when distressing thoughts come to mind. It will help you move away from emotional reactivity, cultivate mental clarity, and engage in kind action.

Practicing mindfulness is a coping mechanism. I always tell clients that coping skills will not fix any problem, but they can allow your mind the space and time to process and problem solve.

Five A's of Mindfulness

1. Awareness- when stress arises, notice what is showing up for you: thoughts, emotions
2. Acknowledgement- name or label the emotion
3. Acceptance- meet yourself where you are, offer understanding (emotions are NOT bad)
4. Appreciation- appreciate that your body and mind are signaling distress, this allows you to heal and grow, take that moment to learn more about yourself (most difficult step, be patient with yourself)
5. Actions- Ask yourself, "How can I take care of myself in this moment?" look at what will be helpful: seek support, engage in coping skills, self-care

Grounding Techniques is Mindfulness – Instant ways to ground yourself

- Describe an object in your space in full detail
- Place cold water on your face
- Listen to your favorite song
- Go for a walk
- Write down your thoughts
- Clench and release fists
- Feel the sensations in the bottoms of your feet

Mindful Five Sense Checklist

- **Vision.** Check in with what you see around you
- **Hearing.** Check in with what you hear around you
- **Taste.** Check in with what you can taste
- **Smell.** Check in with what you can smell
- **Touch.** Check in with what you can feel around you

Often, we get in the mindset of thinking about the past or worrying about the future. Focus on what you can control. **Be present and mindful in every moment.**

*Let's practice being mindful this week. Focus on the moment and what we have control over (ourselves).

"Yesterday is history. Tomorrow is a mystery. Today is a Gift. That's why they call it the Present."

- Eleanor Roosevelt

Peace,
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