**Creating Balance**

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| **Putting together the puzzle pieces of Mental Health** |

"Life is like riding a bicycle. To keep your balance, you must keep moving."

- Albert Einstein

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| **Modifiable Personal Lifestyle Factors** | |
| Date: | GOALS: |
| **Sleep & Relaxation**  **(quality and quantity, any disorders ? )** |  |
| **Exercise & Movement (any obstacles preventing ?)** |  |
| **Nutrition (when, how, and what you eat- + H20)**  **Alcohol?** |  |
| **Relationships (Social- support system, community, communication, boundaries )** |  |
| **Creativity / Hobbies**  **(> BDNF, >fullfillment, < stress, > self -esteem,> joy)** |  |
| **Thoughts**  **(thoughts affect feelings >which affect behavior)**  **+ self talk vs.- self talk and effects on mental health** | ***Cognitive Distortions:* Black & White Thinking, Catastrophizing, Personalization, Mind reading, “Shoulding” on yourself, Labeling self, Discounting the positive, overgeneralization, negative mental filter, emotional reasoning**      **Things I’m grateful for:**    **Reasons I have to laugh or smile:**    **Things I am looking forward to:**    **Affirmation:** |
| **Stress ( too much can > mental health symptoms, cause physical symptoms/illness, sleep issues, > pain, > substance use)** |  |
| **Relevant Resources** | |

* **Sleep Stories & Yoga Nidra : Calm App, Insight Timer \*free**
* **Yoga: Yoga with Adrienne, theyogacollective.com ($$coupon on Groupon)**
* **Qi Gong: Holden Qi Gong**
* **Exercise: bodi.com, Peloton.com, Silver Sneakers, Niaondemand.com**
* **Meditation: Insight Timer \*free, Calm App, Smiling Minds, UCLA Mindful**
* **Nutrition: The Brain Warrior’s Way Cookbook by: Daniel Amen, M.D., 2B Mindset -for weight loss-(bodi.com), Mediterranean Diet-allrecipes.com**
* **NAMI (National Alliance on Mental Illness) peer support groups- nami.org**