

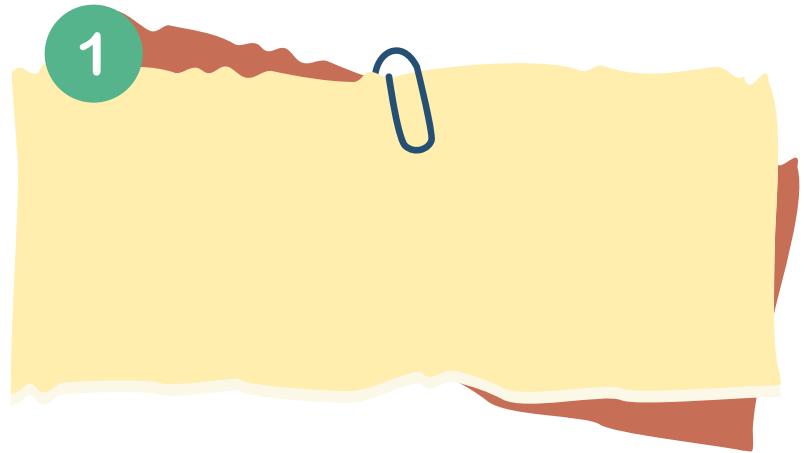
Have you just been living
with stress and worry?
What if it's learned and
can be unlearned?
Take a 10 min break!
Pleasant & Fast & Lasts!!

Write down thought or
situation that is causing
stress? How can it be worse?
Rate the intensity.



DIY MENTAL BOOST - Mental Bliss BEGINNERS Self-Session Worksheet

1

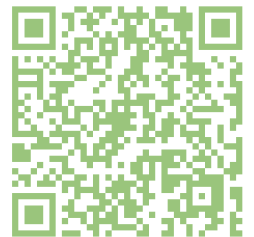


2



Spot 10 differences

3



SCAN & WATCH
60 second
relaxation
imagery

Round 2 Step 1: Briefly think of concern again
Step 2: Look at animals in photo & spell them backwards.
Step 3: Scan and watch another imagery

Self Eval: How
much lighter does
your concern feel?



Feels Great Feels Light Feels Okay A little Better The Same

What is the secret of this? It's SCIENCE! Neuroplasticity! Each round causes the brain to unlink the unwanted feeling attached to a situation. Subconscious rewiring goes beyond coping and managing. It is rewiring & building mental resilience!

Round 3

Step 1: Is there an image in your mind or sensation attached to what stresses you?

Step 2: Look at animals in photo & spell them backwards.

Step 3: Scan and watch another imagery.

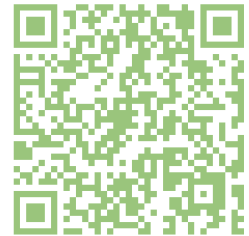


Round 4

Step 1: Is there any other emotion attached to what stresses you?

Step 2: Using 'opposite' writing hand write down animals in photo.

Step 3: Scan and watch another imagery.



Self Eval: How much lighter does your concern feel?



Feels Great



Feels Light



Feels Okay



A little Better



The Same

The BRAIN thrives on guidance! If you chose to have a weekly mental hygiene routine; you will notice yourself living longer and longer periods of time without emotional distress.

Feeling grateful & impressed?

Support to help others to receive this worksheet!

\$10 Donation @ \$diymentalboost or go to diymentalboost.com THANK YOU!



BE PROACTIVE!
DEVELOP A MENTAL HYGIENE ROUTINE WITH A WEEKLY SELF-SESSION VIDEO (no charge)