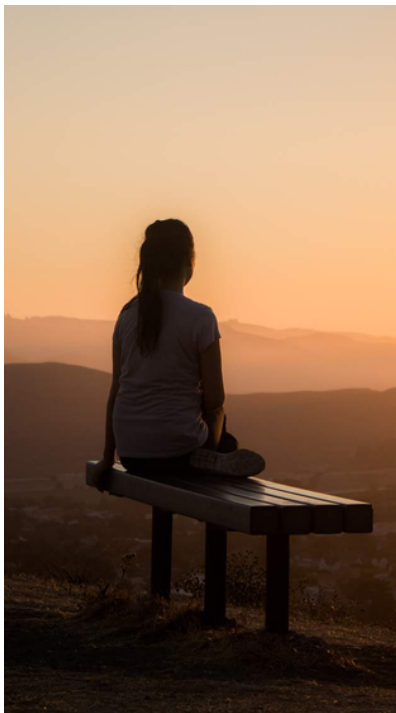


# Centering and Reframing Exercises

Automatic negative thoughts are unavoidable, and when left unchallenged, the mind believes the negative thoughts. However, individuals can reframe thoughts and redirect an internal dialogue that addresses negativity (while not ignoring reality) and moves the body in a positive direction. Shifting our perception about a situation can be eye-opening and comforting. Try the following exercises to find some calm in the storm and help you get feeling better.



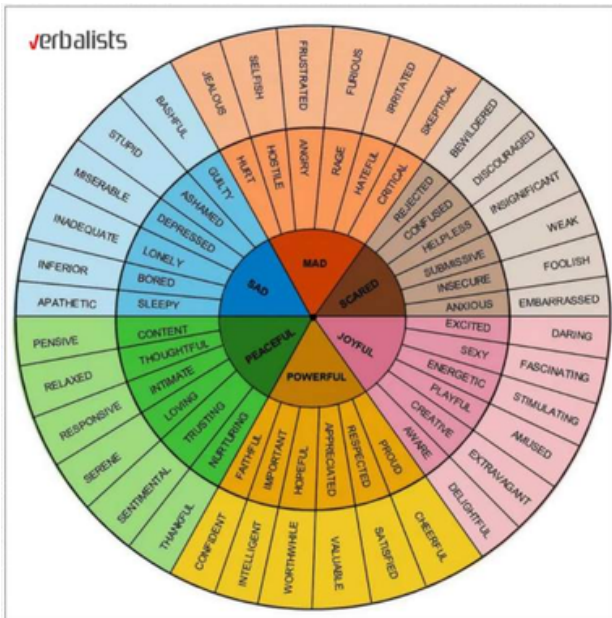
**Journaling** is a popular technique for relieving stress, organizing thoughts, and inspiring creativity. To shift your thinking, journal at least three things you are grateful for in the moment. (If you'd like, enjoy some background music during a gratitude journaling exercise.)



**Mindfulness** has become wildly popular because of its many advantages. It creates a space to think and breathe and settle. Take the next five minutes to practice. Find a calm and relaxing place to sit or kneel—whatever's comfortable. Set a timer for five minutes.

Close your eyes and quiet your mind. Begin to notice your body. Where are you tense? Are you holding your breath? Take deep breaths in through your nose and out through your mouth. Notice when your mind has wandered. Don't judge yourself! Return to thinking about your breath and the calm.

## Shifting Perceptions



designed by Kaitlin Robbs  
[verbalistseducation.com](http://verbalistseducation.com)

Are you feeling stuck or unmotivated? Or what emotion are you really experiencing? Use The Feeling Wheel to find the right vocabulary to help you narrow down the words that best express your current emotional state.

Spend a few minutes asking yourself some questions to reframe your situation: Am I seeing the bigger picture, or have I lost myself in a small detail? How will this affect my life in five years? What is it I really want to see happen? Is there any good in this situation that I'm failing to see? Is there something I could learn from this situation?



## Finding Your Strengths

Start thinking about the best of yourself. What strengths do you have that you can support others with or leverage for your own use? What could you do today that would bring you joy?

Today, you are your own coach. What do you want to say to yourself? What could you do today that might be a little bit outside your comfort zone? Perhaps dare to try something new or forgive someone who doesn't deserve it.

**Breathing** is critical because it brings oxygen into your lungs, then moves it throughout your body through your bloodstream, ultimately boosting your brain cells. Changing how you breathe changes the way you feel, respond, and behave. It clears your mind and unblocks stressors that may inhibit the flow of information to your brain.

Controlled breathing relaxes your muscles and regulates your heartbeat. It also lowers blood pressure, increases focus and attention, and even decreases negative emotions such as depression, sadness, anger, stress, and anxiety.

Use the following breathing exercise to cope with stress, anger, or anxiety. Even better, you can use this technique proactively before any negative emotions set in:



Breathe in calm, Breathe out anxiety.  
Breathe in strength, Breathe out weakness.  
Breathe in confidence, Breathe out worry.  
Breathe in hope, Breathe out the past.  
Breathe in kindness, Breathe out hurt.  
Breathe in wisdom, Breathe out ignorance.  
Breathe in peace, Breathe out conflict.  
Breathe in acceptance, Breathe out doubt.  
Breathe in joy, Breathe out stress.

from [movethisworld.com](http://movethisworld.com)

**Prayer** is also effective for calming your mind and improving your mood. Prayer fosters a sense of connection and offers emotional comfort. It reduces anxiety and boosts feelings of peace, joy, and gratitude.

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**We find what we deliberately look for. Reflect on situations, and shift your attention to the best of what currently is.**