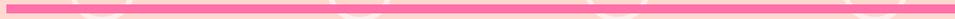


Let's Decompress



1. Find a good spot to breathe. i.e. outside, "your" spot, drive to a park, maybe go on a short walk first.
2. Then breathe. Take 10 deep breaths, focusing on your breathing. Listen to your body. Breathe in as deep and slow as you can, then do the same as you breathe out.
3. Journal some/all of the following questions in your journal, or any piece of paper you have laying around. Part of decompressing is actually writing it out. No electronics!



- **What is your body telling you? Do you have pain? Do you feel relaxed? Strong? Tired? Overwhelmed?**
- **Finish this sentence. Right now I feel _____ but I would like to feel_____. (Take a moment to write all the things you feel, don't hold back, get it all out, then write about how you'd like to start feeling).**
- **Choose one thing that has caused you to feel stressed, guilty, anxious, or inadequate lately. Write about it. Why have you been feeling that way? What feeds it? What would you like to change?**
- **Challenge your inner critic. What lies did it feed you today (or recently)? Why is it wrong?**
- **Write down all the positive things you did today (or yesterday, or this week). What have you accomplished? (and yes, eating counts)**
- **What positive word or action would you like to focus on? Do you want more joy, gratitude, or peace in your life? Journal a moment where you felt that feeling. What were you doing? What made you feel that way? How can you feel that again?**
- **Journal about a positive moment or feeling. When have you felt on top of the world? How can you create that again?**
- **What do you enjoy doing?**
- **Describe your perfect day, how can you incorporate part of that day into your day today or tomorrow?**
- **What is one thing that always cheers you up or takes away your guilt, anxiety, or stress?**