



Self-Help Tools

Mindful Moments Journal

Instructions: Take 5–10 minutes each day to pause, reflect, and write.

These prompts help you build awareness and self-compassion.

Prompts:

- What are three things I can see, hear, and feel right now?
- What is one small moment of joy I experienced today?
- What am I grateful for in this moment?
- What emotion feels strongest right now? What might it be teaching me?
- When I feel overwhelmed, what thought or mantra can I return to?



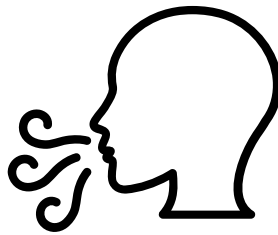
Self-Help Tools

5-4-3-2-1 Grounding Practice

Instructions: Use this exercise when you feel anxious or disconnected. Write down your observations to bring yourself back to the present moment.

- 5 things I can see: _____
- 4 things I can feel/touch: _____
- 3 things I can hear: _____
- 2 things I can smell: _____
- 1 thing I can taste: _____

Reflection: How do I feel after completing this? _____



Calm Breathing Practice

Box Breathing Technique (4-4-4-4):

- Inhale through your nose for 4 counts.
- Hold your breath for 4 counts.
- Exhale through your mouth for 4 counts.
- Hold again for 4 counts.
- Repeat for 4 rounds.

Practice Log:

- Before exercise, my stress level (1-10): _____
- After exercise, my stress level (1-10): _____
- Notes on how I feel: _____



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My Self-Care Menu

Instructions: Fill in ideas you can use daily, weekly, and in stressful moments.

- **Quick self-care (5 minutes or less):** _____
- **Daily self-care:** _____
- **Weekly self-care:** _____
- **When I feel stressed, I can:** _____
- **Supportive people I can reach out to:** _____

Shift Your Thoughts

Instructions: When stressful or anxious thoughts come up, use this worksheet to notice them, challenge them, and reframe them in a healthier way.

Step 1: Identify the Thought

- What stressful or anxious thought am I having?

Step 2: Check the Evidence

- What facts support this thought?
- What facts do not support it?

Step 3: Reframe It

- What's a more balanced or realistic way to look at this?

Step 4: Outcome

- After reframing, how do I feel now (1-10)?

