

Body Scan Meditation

Sit comfortably...

Breathe in through the nose, out through the mouth, deepen your breath, add length

Add retention to your breath (hold at the top/bottom)

Close your eyes on the next breath out.

Notice how your body feels in the moment.

Start at the top of your head, breathe and allow yourself to feel any sensations

Gently scan down through your body:
head, eyes, face, jaw, neck, shoulders,
arms, hands, fingers, chest, back,
stomach, butt, thighs, knees, feet, toes

Notice what feels comfortable

You're not trying to change anything

Just notice how your body feels as you scan

Keep breathing deeply.

Slowly, open your eyes, how do you feel?

Agreeable People:

Figure out who you get along with and why.

Figure out who you tend to clash with and why.

Sacrifice:

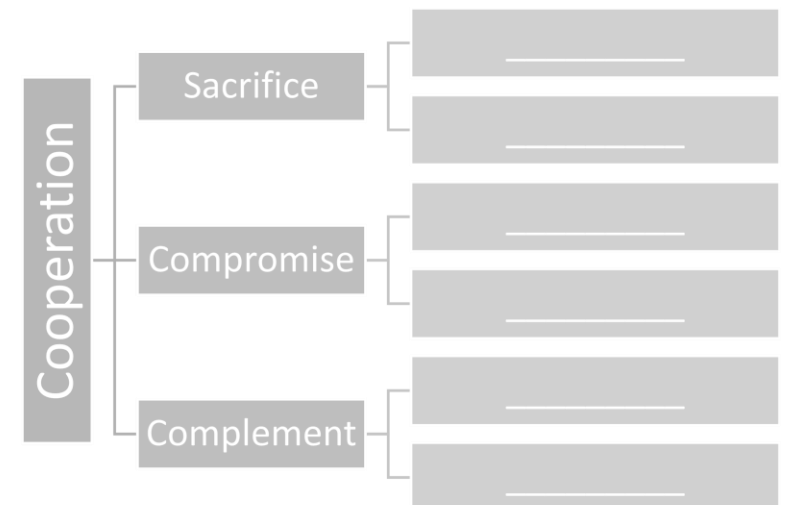
Giving up your own needs for someone all the time

Compromise:

Giving up your needs for someone some of the time

Complement:

Working together to take care of everyone's needs



Triggers

Determine what your triggers are. Close your eyes, think of and write down:

- Thoughts: _____
- Memories: _____
- Places: _____
- People: _____

Connect these ideas with positive or negative:

- Feelings: _____
- Emotions: _____
- Stress/Anxiety: _____
- Happiness: _____

Affirmations

Affirmations are a great way to build positive energy and reinforce healthy attitudes about yourself:

I am strong because: _____

I believe: _____

I trust: _____

I accept: _____

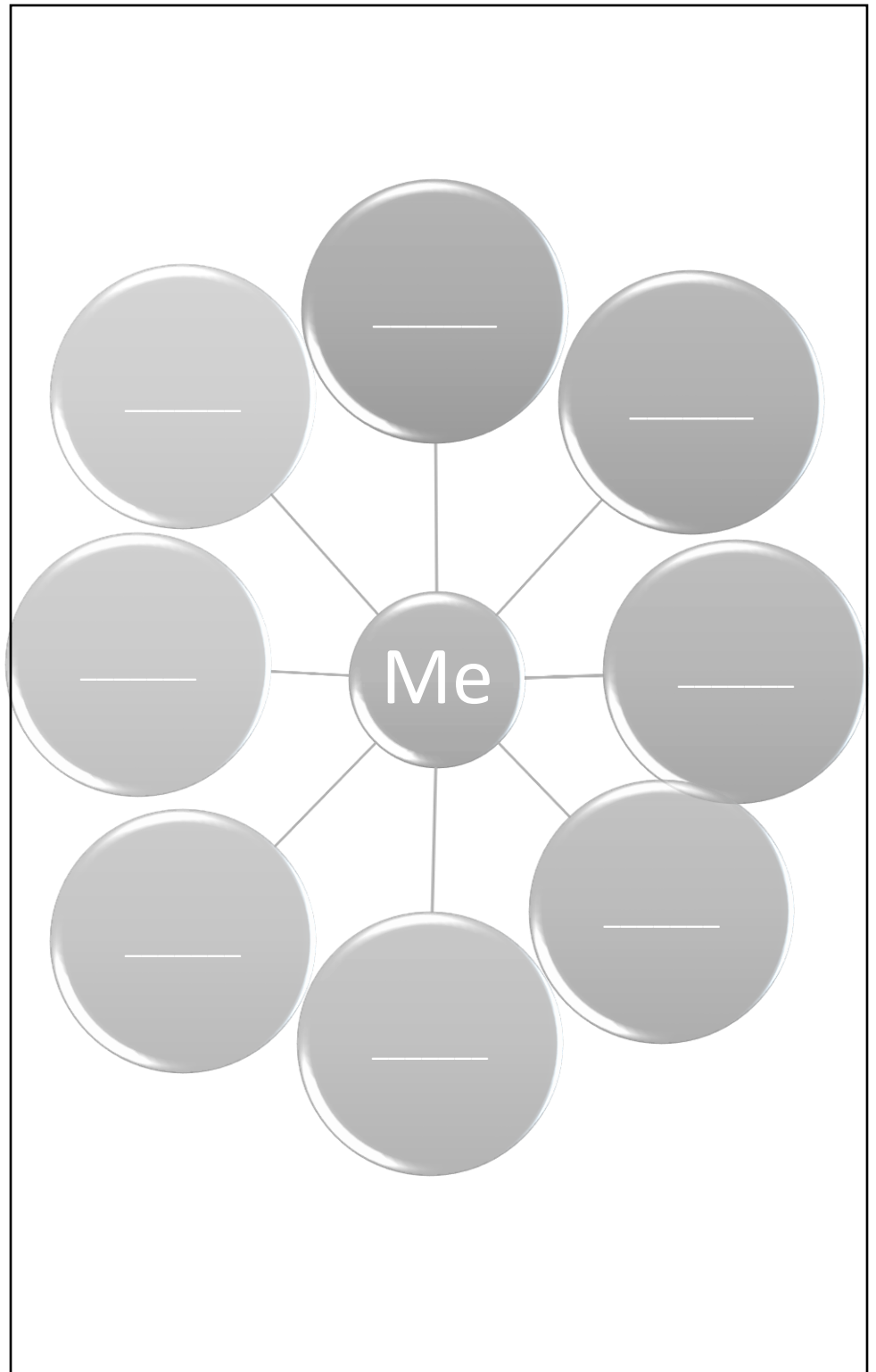
I can: _____

I believe: _____

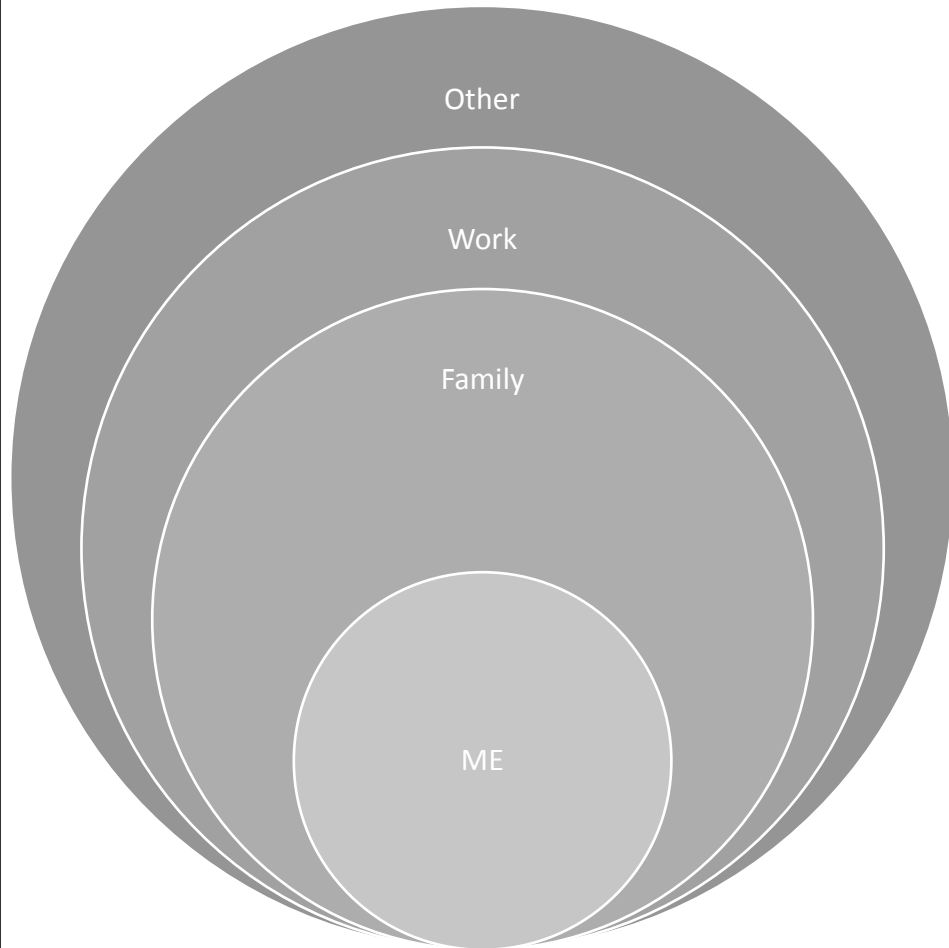
I will: _____

Resilience

Having the ability to handle a difficult situation or crisis and overcome the problems without feeling stress, guilt, anxiety or anger. Sometimes our emotions get the best of us, but we need to rise above it and be strong and find positive manageable outcomes.



My Social Circle



Study Techniques:

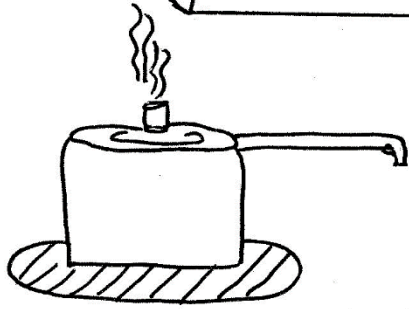
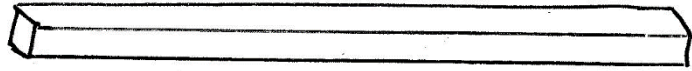
Remember:

1. Cat
2. Dog
3. Monkey
4. Lion
5. Hippo
6. Zebra
7. Elephant
8. Fish
9. Snake
10. Cow

Number Method/ Story/Journey/Palace:

1. Run
2. Shoe
3. Tree
4. Door
5. Hive
6. Sticks
7. Heaven
8. Gate
9. Sign
10. Pen

VENTING



Pressure
Buildup

Personal Toolbox

