

## Pride

Reflection activities that help healthy pride to occur and not the self defeating pride.

- Gratitude
- Three Good People (replace the word 'good' with another word that represents balance such as 'healthy.')

## Gratitude Exercises

**Gratitude** means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.

### Gratitude Journal

Every evening, spend a few minutes writing down some good things about your day. This isn't limited to major events. You might be grateful for simple things, such as a good meal, talking to a friend, or overcoming an obstacle.

### Give Thanks

Keep your eyes open throughout the day for reasons to say "thank you." Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere "thank you."

### Mindfulness Walk

Go for a walk and make a special effort to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening, a minute looking at your surroundings, and so on. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.

### Gratitude Letter

Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank. Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.

### Grateful Contemplation

Remove yourself from distractions such as phones or TV and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is *consistency*. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care. This technique can be practiced as part of prayer, meditation, or on its own.

### Gratitude Conversation

With another person, take turns listing 3 things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the list. Make this part of your routine by practicing before a meal, before bed, or at another regular time.

## Three Good People

### strengths-spotting exercise

People who know their strengths and use them every day tend to be happier, have better self-esteem, and are more likely to complete their goals. This exercise will help you enter the strength-spotting mindset.

Think about a fictional character.

Name an inspiring character from a book, movie, or TV show: \_\_\_\_\_

List their strengths: \_\_\_\_\_

Describe how they use their strengths to overcome challenges, or in everyday life: \_\_\_\_\_

Think about an inspiring person you know.

Name an inspiring person you know: \_\_\_\_\_

List their strengths: \_\_\_\_\_

Describe how they use their strengths to overcome challenges, or in everyday life: \_\_\_\_\_

## Three Good People

strengths-spotting exercise

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Think about yourself.

List your strengths: \_\_\_\_\_

Describe how you use your strengths in everyday life: \_\_\_\_\_

Describe how you have used your strengths to overcome a specific challenge: \_\_\_\_\_

## Humility

Skills that help bring balance to our thought and break out of patterns that decrease nurturing our worth.

- Validation Plus Facts
- The Shoulds



### Validation Plus Facts

Dialectics is the skill of learning that two opposites can coexist at the same time. For example, we can be joyful over a memory and grieving the loss of someone. We can have intense joy and intense frustration in the same day. When we join the two opposites with the word "and" this helps us practice acceptance instead of "but" which can cause feelings of justification, competition, or dread. Dialectics is a Dialectical Behavioral Theory skill.

An option with this skill is called **Validation Plus Facts**. Using the concept of Dialectics, this skill can help us ground when feelings are intense or thoughts feel like they are spiraling. For example, "I feel alone, **and** I know my friends love me." "I am so angry, **and** I know this is not permanent." "Today feels awful, **and** it doesn't mean my life is awful." "I feel like I'm nothing **and** I and all humans have worth."

**Validation Plus Facts helps us to practice acceptance and not to fall into toxic positivity** which promotes suppression. Validation helps us recognize and label our thoughts or feeling, and facts helps us to remember truth and that life is not all or nothing, perfect or terrible, pass or fail.

- (1) Write down your thought or your feeling.
- (2) Join by the word "and."
- (3) Add a fact to the thought or the feeling to bring balance so emotions don't intensify or thoughts don't spiral or get cloudy.

_____	and	_____



### The SHOULDs

Should thoughts are actually shame language *I should \_\_\_\_\_ I have to \_\_\_\_\_*. These type of self talk phrases deplete our motivation and decrease our self-esteem.

A quick 3 step process helps us transition from **I Should** to **I Choose** which is a transition to choice and empowerment instead of the weight of expectations and shame. Saying "I CHOOSE" increases motivation and empowerment through choice, instead of speaking to self using shame based language.

When you say to yourself I Should:

1. **Pause** and ask yourself, "Who made up the rule?" "Who taught or said you "should?"
2. Ask yourself, "Do I want to keep following that rule?"
3. If no, then change the expectation. If yes, then shift to "I choose to\_\_\_\_\_." Not I should.

Below is an example:

My house should always be clean.

1. Who made up this rule? My mom said this, and society expects this from me due to gender norming since I identify as female.
2. Do I want to keep following this rule? No. I want to create attainable chore goals and not put pressure on myself that my house has to be pristine all the time.
3. I now say to myself—I choose to create a realistic chore list. I choose to know I am accepted even if my house isn't perfect by other people's standards.

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## Community: Inward to Outward

Activities that help us to reflect and connect with others.

- Social Supports
- Gratitude Walk

# Social Support



**Social support** is the help provided by family, friends, groups, or communities. This help can fulfill emotional, tangible, informational, or social needs.

### Benefits of Social Support

- Improved physical health
- Feeling of security
- Greater resilience to stress
- Improved mental well-being
- Improved self-esteem
- Greater life satisfaction

### Types of Social Support

**Emotional Support:** Help managing emotions, such as stress, anger, or depression. This support might include listening to problems and showing empathy.

**Tangible Support:** Help with practical problems, such as financial assistance, providing a ride to work, or help with childcare.

**Informational Support:** Providing information that helps solve a problem or overcome a challenge. This might include advice or information about helpful resources.

**Social Needs:** Fulfillment of basic social needs, such as love, belonging, and connectedness. This helps provide a feeling of security and contentment.

### Building Social Support

**Attend to your existing relationships.** Reach out to friends and family. Make it a priority to maintain your most important relationships, even when other areas of your life are busy.

**Increase community involvement.** Participate in hobby groups, volunteering, or religious groups. This is a great way to meet like-minded people, and build a new support system.

**Attend support groups.** Connect with others who are dealing with similar problems or life experiences. It can be rewarding to share your own story and provide support to others.

**Use professional support.** Doctors, therapists, social workers, and other professionals can help you solve problems that are more complicated, or too difficult to tackle alone.

## Social Support

List three people, groups, or communities that provide you with social support.

Support #1

Support #2

Support #3

Describe how each of your supports helps you, or could help you, with emotional, tangible, informational, and/or social needs.

Support #1

Support #2

Support #3

## Social Support

What specific steps could you take to better utilize your supports?

Support #1

Support #2

Support #3

How could your supports help you with a current problem?

Support #1

Support #2

Support #3

List any barriers that prevent you from fully utilizing each of your supports.

Support #1

Support #2

Support #3



# Gratitude Walk for Wellbeing

A PRACTICE GUIDE FROM WALKING COACH®

**In this walk, you are not only going to boost your well-being through moving your body, you are also going to focus your mind, while walking, on gratitude. Gratitude works to release us from the grips of stress, depression and anxiety, and it activates serotonin and dopamine in the brain, two crucial neurotransmitters responsible for our emotions, which put simply, make us feel ‘good’. It’s a powerful combination.**

This practice is walked in pairs. It's also powerful if done while walking and talking with a partner on a mobile phone in your respective locations.

1. First choose a walking location that gives you a sense of wellbeing. If you are using a mobile phone, do take care if near traffic etc.
2. Prepare yourself. Perhaps start with a simple grounding practice to bring you present to yourself and your environment.
3. In silence, walking at an easy pace, pay attention with your whole self to your surroundings. Activate use of your eyes, ears, nose, touch, even taste ... and simply notice. Do this for about 5 minutes.
4. Taking it in turns, describe to your partner what you notice on this walk that you feel especially grateful for. Take 5 minutes each. One speaks, while the other listens.
5. Once complete, take a few minutes to ponder: *‘What do I feel grateful for in my life?’* When you’re ready, share this with your partner, taking it in turns. One speaks, while the other listens. Spend 10 minutes on this, each way.
6. Finally, ask: *‘What do I feel grateful for in myself?’* Scan through all of your amazing qualities. Everything that makes you, you. Everything that makes you wholly deserving of belonging, dignity and respect. Ponder this for a few minutes, then share with your partner. Don’t be shy. When you run out of qualities, ask your partner to help. Spend 10 minutes on this, each way.
7. When you’re complete with all 3 questions...Take a deep breath in for five counts and out for five, and notice your surroundings. Notice the emotions that come up for you. Gratitude may be one of them. You may want to make some note about these in your journal later.
8. Thank your partner. You might want to express gratitude for one another, as each of you have ‘held space’ for the other on this walk. It’s a sacred and loving act. Something surely to be grateful for 😊