

### The 'Other' Mindfulness

The most important part of how I work with clients is to help them reconnect with their body in a meaningful way. When our body is functioning correctly, it tells us important information about our safety. Sometimes our body lets us know we are very anxious or angry, but we don't know why. Getting reconnected to and more aware of your body is a learned skill that will help you answer questions about why your act or react in sometimes not helpful ways. If your body feels numb, do this worksheet.

Try to complete all boxes each day. Sometimes just writing "done" is adequate.

Find	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notice your breathe 3 times today for 10 seconds							
Listen to a bird sing today?							
What colors were on your dinner plate?							
How did it feel to walk into work today?							
How did it feel to open the door to home as you are leaving?							
Remember for 10 seconds the face of a friend who loves you.							
Write down your high for the day.							
Write down your low for the day.							

If you struggle with doing these exercised please give me a call so we can work more in-depth.

Valerie at 720-982-7057