

SELF HELP THERAPY WORKSHEET: VERSION 2

Get a body Massage:

If you are feeling down and irritated, you can go to a masseur who can give you a good massage by taking care of your pressure points and relaxing your body and mind. Massages with hot oils release your body and get body aches and are beneficial for your mind.

Be Grateful:

Keep a gratitude journal to help you remember all the things that are good in your life, which will help him get relaxed.

Deep Breathing:

Deep Breathing is among the top exercises to relax your body and mind. Breathing comprises two steps, inhalation (bring air into the body through nostrils) and exhalation (bring out the air from the body through the mouth). The worksheet will help you to enhance your mental as well as physical focus.

“Me time”

Take out time for your own self and enjoy the time with your own self, do things that you love. Listen to music, dance, anything that makes you feel relaxed and happy. Get a hobby, plant trees, get a pet, or read a book about anything that makes you happy., or go to a salon for a haircut or a mani-pedi.

Positive Journaling:

By maintaining a Positive Journal worksheet, you will be able to keep a track of all the positive things that have happened and keep happening in your life. This will make you a thankful and positive person. Such positive experiences will keep you motivated and won't let you lose hope. Writing is a cathartic process when you write positive experiences in a journal you let your negative feelings go away.

Music:

Listen to music whenever you feel that something is bugging you, to distract your mind from any triggering situation.

Paint:

Keep colors and paints with you and whenever you feel the need, use them. Colors play a very vital role in emotional regulation. Coloring has calming effects.