TRANQUIL THOUGHTS
Journal

epilepsy ALLIANCE FLORIDA

THE POWER OF LOCAL

This journal belongs to

Name _____

Email _____

Address _____

CREATE YOUR CALM CORNER

List possible rooms, spaces or nooks in your home to claim as yours.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

What items would you put in there that would relax you and lift your mood?

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

What soothing colors would be in that space?

_____ # _____ # _____ # _____

Date you will start creating this space: _____

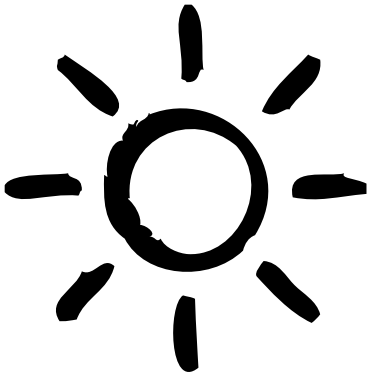
Target completion date: _____

I promise myself to create this for me to go to when I am feeling anxious and upset so I can learn to create more calm in myself.

Signature: _____

RITUALS AND ROUTINES

Routines help you begin and start your day properly and create some structure to your day.



Craft Your Morning Routine

Wake up time: _____

Exercise time: _____

Quiet time: _____

Breakfast time: _____

Other: _____

Other: _____

Craft Your Evening Routine

Bedtime: _____

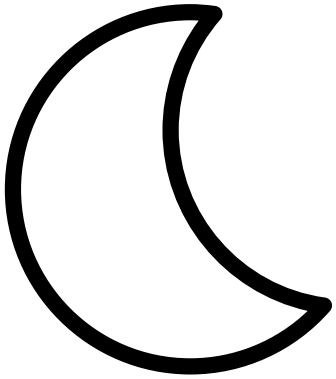
Wind down time: _____

Quiet time: _____

Other: _____

Other: _____

Time all chores should be completed: _____



What will you use as a trigger to begin this routine?

_____

_____

_____

_____

_____

SELF-COMPASSION

What are you criticizing yourself about? _____

_____

_____

What emotions are you feeling? _____

_____

_____

What tone, phrases and words are you using? _____

_____

_____

What would you tell a good friend who is thinking or feeling this way? _____

_____

_____

If you were confronting this voice in a calm, mature manner, what would you say?

_____

_____

How can you view the situation or reframe those thoughts and phrases to one that is kinder and more positive?

_____

_____

_____

In 1 week, 1 month, year or more, how will I feel about this? Does it matter that much? Can I release this now?

_____

_____

_____

WEEKLY MINI CHALLENGES

Keep your phone on silent or do not disturb mode for 4 hours a day.

S M T W T F S

Sleep with your phone in a room other than your bedroom.

S M T W T F S

Practice deep breathing once a day.

S M T W T F S

Write or mail a thank you card to someone each day.

S M T W T F S

Get a puzzle book and complete one each day.

S M T W T F S

Go outside and sit in the sun for 10 minutes each day.

S M T W T F S

Sit in a quiet spot, let your mind wander and do nothing for 15 minutes each day.

S M T W T F S

SELF-CARE RITUALS THAT SOOTHE

Meditate to clear your mind, strengthen your focus, and gain peace

Take time to do something you really love to do

Take a luxurious bath or shower. Include candles, soft music, or soothing oils.

Go outdoors to re-acquaint yourself with nature

It's important to take care of you!

These self-care rituals will help you soothe your mind, body, and soul, contributing to joyous and fulfilling days.

Practice soothing, healthful skin care

Exercise to relieve your stress and rejuvenate both your mind and body

Stay in touch with your feelings

NOTES:

Date:_____

What's happening today?

What's on your mind?

How do you feel today?									
Level of calm & happiness			Average/content				Level of stress & anxiety		

What colour represents today?	Three words that describe today?

DECLUTTER YOUR MIND

Our minds are filled with clutter. Just as a cluttered home can be decluttered, so can a cluttered mind. Daily stress, poor mental habits, and unfinished business are a few of the causes of mental clutter.

Answer these questions to gain insight toward reducing your mental clutter:

1. What are the excess items in my home and work environment that contribute to my mental clutter?

2. Are there unnecessary people in my life that create additional clutter? Who are they? How can I lessen their impact?

3. How do I distract myself? What do I do when I procrastinate?

DECLUTTER YOUR MIND

4. When can I implement focused breathing into my routine?

5. How can I add at least one 20-minute daily meditation session into my life?

6. How would my life change if I were able to reduce my mental clutter by at least 50 percent?

7. What are the negative thoughts I experience regularly? How do these impact the rest of my day?

Right now...

What do you do to relax when you're feeling stressed or anxious?

Right now...

What kind of things are likely to affect your stress and anxiety levels?

Try new things...

Make a list of things you'd like to try to help you relax

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Try This...

Take 15 minutes out to sit in nature and observe your surroundings. Write about how this feels.

Try This...

Take 15 minutes out to watch the clouds in the sky floating by. Write about how this feels.

Try This...

Listen to some calming music, really focusing on the sounds. Write about how this feels.

Try This...

Spend 15 minutes observing your feelings without trying to change them. Write about how this feels.

Try This...

Spend 15 minutes doing some light, relaxing, muscle stretches. Write about how this feels.

Try This...

Switch off for 15 minutes and focus only on your breathing. Write about how this feels.

Try This...

Spend 15 minutes drawing an object of your choice
in as much detail as you can

Try This...

Free your imagination by writing a short story.
Once upon a time...

Journaling

DATE:_____

Journaling

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