

Activity Summary

Activities for Improved Mental Health

Description	Tab	Status
1 Self Empowerment Through Anger Management	SE through AM	[Enter Status Here]
2 Imagine what I would like [enter person here] to do to help me feel good, or examples that have felt good. (Note: actions that confirm the values identified on SE through AM are a good starting point.)	Treatment	[Enter Status Here]
3 Assess Stress Levels before and after Meditation	Stress and Meditation	[Enter Status Here]
4 Make time to wind down, to meditate, to worry, and for self.	Before Bed	[Enter Status Here]
5 Prioritization Task	Prioritization	[Enter Status Here]
6 Assertive Refusal	Assertiveness	[Enter Status Here]
7		

Tips:
To get respect, treat with respect.
Soak in compliments.

Self Empowerment Through Anger Management

Monitoring and Modifying Your Beliefs

HISTORY

Anger Expression Style?

[What is your expression style? How do you handle and express your anger?]

PREVENTION

Stress Management

Plenty of Rest & Sleep

[How much are you getting? How much do you need?]

Regular Exercise

[How much exercise are you getting? How much do you need?]

[How do you want to go about getting more exercise?]

Good Nutrition (including lowered caffeine)

[How are your eating habits? How do you want them to be?]

Relaxation (music, meditation, visualization, massage, self-pampering, nothing, walks, etc.)

[What are all the things you are, or can be, doing to relax? Enter them here:]

Address Medical Issues (e.g. low blood sugar, diabetes, hypothyroidism, etc.)

[What are your medical issues? What do you need to address?]

Use Support System Regularly

[Who do you have for emotional support?]

[What are you doing to improve your support system?]

Share Feelings with a Confidant

(especially fear, frustration, anger, powerlessness, feeling misunderstood, in all areas of life, such as work, health, social/familial, neighbor relationships, etc.)

[Who are your closest friend or friends and what can you trust them with? Why?]

[How can you improve your relationship?]

Reduce Stress of Parenting, Home, Work, Relationships, Other Problems, and Life in General

Parenting - Adjust expectations

Home - Adjust expectation about cleanliness, home routines and activities.

Work - Manage assignments, prioritize tasks, take sufficient vacation, build relationships

Relationships - Try not to over analyze, let others have their feelings, be less concerned of opinions

Other Problems - [Enter here]

Life - Set priorities for daily activities based on values. (see Prioritization worksheet)

Read books, attend classes, receive counseling on Stress and Anger Management, if desired.

[You are what you read (and who you hang out with).]

[What do you want to read in order to improve your condition?]

Eliminate Drugs and Alcohol if necessary

[What's the plan?]

INTERVENTIONS

Methods

Identify "rewards: for your anger (or anxiety) (e.g. domination, intimidation, attention)

[What are the rewards? List here:]

Identify "Triggers" for anger in the Workplace.

[What are your triggers?]

Identify "Triggers" for anger in the Home.

[What are your triggers?]

Identify "Triggers" for anger anywhere.

[What are your triggers? What don't you like to see or experience?]

Identify needs not being met (these usually illicit the triggers) by core value categories (from needs list)

Physical Survival

[List here]

Mental

[List here]

Autonomy

[List here]

Spiritual Energy

[List here]

Nurturance

[List here]

Integrity

[List here]

Celebration of Life

[List here]

Self-Expression

[List here]

Social/Emotion (Interdependence)

[List here]

Monitor and Modify Thoughts/belief System

What is going through your mind when the anger response cycle begins?

Need to change negative thoughts to positive thoughts. (e.g. I can manage)

Is response in relation to a personal need or value? If not, why get angry?

Eliminate Unrealistic Expectations of Others and Situations

Too tolerant of some actions and not tolerant enough of others. Need to balance.

Don't set self up for disappointment.

Eliminate Negative Thoughts about Yourself (self doubts, etc.)

This is situational, when a trigger is fired and anger cycle begins.

Identify "Anger Response Cycle" (including thoughts and physiological responses)

Physically:

*(e.g. Shortness of breath, release of adrenaline and feel of it through the veins
tightness in the stomach)*

Thoughts

*(e.g. I have got to take care of this, I have to stop it, I have to fix it
Something bad is going to happen, no one else will do anything)*

Intervene in Anger Response Cycle as Early as Possible (noticing physical cues)

*Notice the physical responses and negative thoughts as early as possible and then take
the steps to change the negative thoughts and feelings (stop take deep breaths). Analyze the situation*

Themes that are the same for all triggers: Intolerance = Anger, Fear = Anxiety

Possible exercises: write down the thoughts & physical responses to be more aware of them in the fu

Stop, Take Deep Breaths, Calm Down

You can say to yourself:

*I don't like this, it doesn't feel right, it doesn't seem manageable,
But, I can handle it for now and get my needs met later.*

or

Yes, this is scary, but I can manage now and figure out what to do.

or

*Yes the trigger _____ is affected, but for right now I can tolerate it.
I can calm myself down now.*

Evaluate the Situation and Decide if you want to be Angry

If yes, realize that you are choosing the consequences of your anger, as well, such as increased adrenaline that may take hours to dissipate, leaving you upset. Also, there may be work/social/personal consequences.

If no, substitute positive thoughts for negative thoughts to de-escalate anger response.

*Share feelings, if and when possible or appropriate, using: I feel _____, when you _____.
then make a request based on your need(s): Would you be willing to _____ when I _____?*

Use Diversions, as appropriate (when you can't share feelings or make requests). Get your needs stated and met when possible.

MASTERY

Realize your own imperfections and allow for those of others

Visualize and rehearse future successes.

Use the energy of anger to change what needs to be changed, but calmly and appropriately.

Decide not to go through the Anger Response Cycle, even if justified, but express feelings as appropriate.

Use non-violent communication Methods

Expressing your feelings and making clear requests based on your needs in a calm orderly fashion.

BENEFITS

Improved health, creativity, and relationships.

Imagine how I would like [Enter Name Here] to treat me, and provide examples.

(Getting validation from [Name]. What would s/he need to do to help me feel valid?)

Notes:

Q: If I am not being validated, what should I do?

A: Ask for it, Behave in a way that is easy to validate, validate [Name], express appreciation when validated.

ACTION

How did it make me feel?

How could I encourage/discourage more of it?

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

Meditation for Relaxation Exercise

(History shows that meditation helps us relax.)

Steps:

- 1 Get in a comfortable position with your eyes closed, away from distractions.
- 2 Direct your attention to your breathing. Breathe through your nose, slowly, steadily, and deeply.
- 3 Each time your breathe out say the word "one" (or "calm") to yourself silently. Try to focus your thoughts totally on this word, allowing relaxation to occur at its own pace.
- 4 If you get distracted by worries about whether meditation is working, or other thoughts or feelings, keep returning, your concentration to your breathing and the word you have chosen and are focusing on. Just let the distracting thoughts fade or flow out of your mind naturally by returning to your focus word (mantra).
- 5 Continue with steps 2, 3, and 4, for at least 2 or 3 minutes (or as long as you like). Concentrate on breathing and the focus word. Notice that your breathing becomes slower, steadier, and deeper, and your concentration on the focus word improves as you keep practicing.
- 6 Stop meditation and sit quietly for a moment to enjoy being relaxed.
(develop an awareness of what it feels like to be calm.)
- 7 Slowly open your eyes and stretch.
Note: experiment with words that are relaxing/neutral (or try even making one up).

Combining Muscle Groups

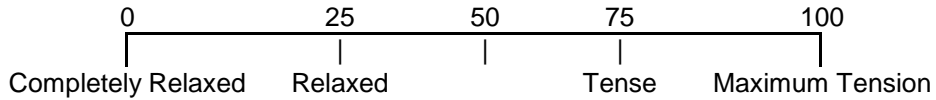
(Allows you to relax more quickly)

Steps:

- 1 To combine muscle groups, begin with these four major groups:
 - a. hands, lower arms, and biceps
 - b. facial muscles
 - c. chest, shoulders, back, and stomach
 - d. legs and feet, lower body
- 2 Start with group a. Simultaneously tense both arms, hands and biceps by bending elbows as a 45-degree angle while making a fist with each hand. Hold tension for 5-7 seconds. Then allow muscles to relax for 30 seconds.
- 3 Repeat this muscle group. When you have successfully relaxed the first group twice in a row move on to group b.
- 4 Tense your facial muscles by wrinkling your forehead, squinting your eyes, wrinkling your nose, clenching your jaws, pressing your tongue on your mouth back, pressing lips together or pull corners of your mouth back. Tense for 5-7 seconds, then relax for 30.
- 5 Repeat this muscle group. When you have successfully relaxed the first group twice in a row move on to group c.
- 6 Tense your shoulders, upper back and abdomen by taking a deep breath, holding it, pulling your shoulder blades back, while making your stomach hard. Tense for 5-7, then relax for 30.
- 7 Repeat this muscle group. When you have successfully relaxed the first group twice in a row move on to group d.
- 8 Tense your thighs, calves, and foot by lifting feet slightly off the floor while pointing toes towards your head and turning your feet slightly inward. Tense for 5-7, then relax for 30.
- 9 Repeat this muscle group. When you have successfully relaxed the first group twice in a row, close your eyes and review mentally each muscle group covered. If tension remains, allow the muscle group to relax further.
- 10 Sit quietly for several minutes enjoying the relaxation. If distractions occur, focus on your breathing or a very relaxed muscle group.
- 11 When you're ready, begin to bring yourself out of relaxation by moving gently, and then open your eyes. Be sure to remain quiet and relaxed for a minute or two before getting up and moving.

Relaxation Record for Stress and Meditation Exercises

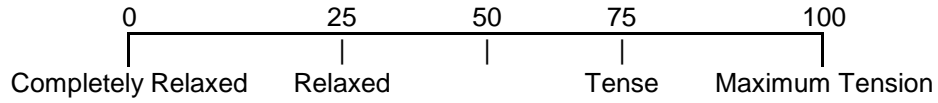
(Relaxation of Muscle Exercise.)



Date	Time	Relaxation Method	Tension Before	Tension After	Comments (difficulties, interruptions, bad day, headache?)
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02/18/17					
02/19/17					
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Relaxation Record for Stress and Meditation Exercises

(Relaxation of Muscle Exercise.)



Date	Time	Relaxation Method	Tension Before	Tension After	Comments (difficulties, interruptions, bad day, headache?)
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Make time to wind down, to meditate, to worry, and for self.

(a more detailed log of these activities)

Dates	Activity (minutes)		Relaxation (Meditation)		Relaxation (Muscle)		Worry (re-framing)		Self	
	Wind down b4 bed	notes		notes		notes		notes		notes
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Make time to wind down, to meditate, to worry, and for self.

(a more detailed log of these activities)

Dates	Activity (minutes)		Wind down b4 bed		Relaxation (Meditation)		Relaxation (Muscle)		Worry (re-framing)		Self	
	minutes	notes	minutes	notes	minutes	notes	minutes	notes	minutes	notes	minutes	notes
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Prioritization Tasks

Doing things that are important to me.

Questions that need to be answered first.

Q: How do I use my time?

Need to prepare an activity Journal to make an assessment.

- 1 *Sleep - Time in bed not aware of time. Sleep for date is for sleep prior to start of the day.*
well rested, emotionally stable & secure, clear in thought.
- 2 *Work - Time spent working for money*
self-worth, self-respect, providing for myself and my family.
- 3 *Food, Bathe, Hygiene*
Physical survival and presentability. Can be combined with other activities.
- 4 *Quality Time w Family - time spent interacting as a group/family.*
celebrate life and time together
- 5 *Quality Time w Children - time spent interacting with children (feeding, playing, etc.)*
provide nurturance, receive unconditional love, celebrate life
- 6 *Quality Time w Spouse/Significant Other - time spent interacting with Spouse/Significant Other.*
mutual respect & understanding, cooperation, intimacy, spiritual energy
- 7 *Shopping & Errands - time spent grocery shopping, dropping off dry-cleaning, etc.*
Providing for myself and my family
- 8 *Computer - Answering e-mail, website work, burning CD's, DVDs, etc.*
staying connected, self expression, personal enjoyment
- 9 *Gardening - Getting back yard in order. Water potted plants, trim roses, trees, moles, etc.*
order, stability, consistency, predictability, order, neatness
- 10 *House Chores - Getting house in order. Dishes, Laundry, Vacuuming,*
order, stability, consistency, predictability, order, neatness
- 11 *Quality time with self - doing things by myself for myself, meditate, worry, relax, read*
autonomy
- 12 *Quality Time w Friends - time spent with friends away from spouse/children/family.*
being heard, validation, mutual respect, self expression, autonomy
- 13 *e.g. Home Association - Keeping association in order. (Board meetings, letter, enforcement, etc.)*
honesty, protect investment, protect family
- 14 *Helping Others - Time spend helping others with computers, cleaning, chores, charity, etc.*
self worth, justice, fairness, self respect, honesty

Prioritization

Q: How do I use my time for personal activities?

Of the list above, isolate and review the personal activities.

Q: Do they reflect the prioritization of my values below?

Q: What activities do I value and how do they rank?

Need to make a list from the activities in the journal and rank them.

Q: What would be a perfect life?

[Enter your answers here]

General Activity Journal

What I do in a day (in order of intended priority).

[illegible]

General Activity Journal

What I do in a day (in order of intended priority).

Dates	Activity (hours)																		Notes	
		Sleep	Work	Food, Bathe, Hygiene	Quality Time w Family	Quality Time w children	Quality Time w spouse	Shopping & Errands	Computer	Gardening	House Chores	Quality Time w Self	Quality Time w Friends	Association	Helping Others	Things I don't like				
02/28/17	Sa																			0.0
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03/23/17	Mo																			0.0
03/24/17	Tu																			0.0
03/25/17	We																			0.0

General Activity Journal

What I do in a day (in order of intended priority).

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Averages		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0			
Desired Priority		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
Actual Priority		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		

Assertive Refusal

(This exercise is to teach you the assertive skill of refusal... to say "no" assertively.)

Rationale:

You have a right to assert yourself in all interpersonal situations. This right includes the right to make requests, the right to express positive and negative feelings, and the right to refuse. You also have the right to be assertive instead of passive, passive aggressive, or aggressive in any situation. But to exercise that right, an assertive alternative must be part of your behavioral and cognitive repertoire.

Purpose:

To identify situations for which you would use assertive refusal.

To practice using assertive refusals by role-playing samples or personal situations.

Steps:

- 1 The first step in assertive refusal is to clearly state, "no." It is important to begin with this statement so that your intent to refuse is clearly communicated as your primary goal in the interaction.
- 2 Since most feel uncomfortable stating, "no" without some sort of explanation, a problem solving suggestion could follow. These are alternative ways that the other person might get their needs met which does not include you. You place responsibility back on the individual making the request/demand.
- 3 Occasionally, you may want to include your reasons with your assertive refusal, but never excuses. Excuses often create a situation in which additional pressure may be placed on you to accept. The difference between reasons and excuses are difficult to make, so you are encouraged to use problem solving suggestions instead.

Other tactics:

- 1 Broken Record: No, I am not interested or No, thank you over and over again until the refusal is accepted.

Possible Statements:

No, I have plans. No, thank you. No, I am not interested. No, I am fine.

ACTION

Situations where it is hard to say no.

1

2

Notes and Tips

Validation Exercise

What would [Name] need to do to help me feel validated?

If not being validated:

Ask for it.

Behave in a way easily validated

Validate (Express appreciation)

Encourage validation by expressing appreciation for it.

Communication Exercise

I felt _____, what did you feel?

What is in the best interest of _____?

What needs are being met by _____?

What would happen if _____?

Goals

Reduce stress levels

Practice Relaxation

Time Management

Use saved time to plan good time

[Goals]

Value Exercise

What would you want people to say about you at your funeral?