

The Relaxed You

by Angie Johnsey

The Problem:

Being unable to relax, unwind, and enjoy your time because of stressed mind.

The Solution:

Knowing your mind and what it stresses about the most often will help you develop skills to help it stay calm and relaxed. A relaxed mind is a healthy mind. A healthy mind supports a healthy body.



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Know how your mind works. Observing the habits of your mind is the first step to learning to properly care for it. It is important for us to know when our minds are stressed, what is stressing our mind, and how to relieve that stress.

What topic(s) does your mind spend the most time on during the day? _____

Which of the following does it do most frequently. Circle One.

- Obsess
- Analyze
- Worry
- Process

Argue
Create Big Deals
Jump to Assumptions
Compare you to others

What could you tell yourself that would help your mind relax? _____.



Care for your mind. Mental stress makes for a life of suffering instead of joy and fulfillment. By asking the mind, what is it that you need right now, will give you an opportunity to take the necessary actions to calm the mind. Care for your mind and you can use the power of this tremendous gift.

Is your mind overstimulated by sounds or visual stress? _____.

Are you pushing yourself too hard, meaning taking on more task than you have time or energy to complete? _____.

Do you need to give your mind a break during the day or get more sleep at night? _____.



Move your mind towards enjoyment. Once you begin to improve your mental health, you can then turn your focus on how to use that energy for things you want to enjoy or create. Spend some time thinking about your definition of fun and happiness. Make a plan to incorporate those activities that create positive feelings in your daily life.

How do you define happiness? _____
_____.

What activities do you find fun? _____
_____.

How could you incorporate those activities into your daily life? _____.