

BE MINDFUL ABOUT WHAT YOU PUT IN YOUR BODY

Sometimes we try to avoid or numb out intense emotions that make us uncomfortable, like sadness, anger, or anxiety.

Emotions are **SIGNALS** our bodies are communicating to us, letting us know what we need. When we avoid or numb out those emotions, we may be missing out on important signals, therefore, missing out on what we need.

Sometimes we may attempt to avoid or numb out intense emotions with **THINGS** or with **ACTIONS**:

THINGS	ACTIONS
<ul style="list-style-type: none">• Nicotine• Alcohol• Other drugs• Food	<ul style="list-style-type: none">• Watching TV for hours• Scrolling mindlessly on our phones• Eating when we are bored/sad/angry or just not hungry• Sleeping excessively

IMPORTANT NOTE:

The things or actions we do to distract ourselves are not “good” or “bad”.

Distractions are **HELPFUL** if they:

- Give us time to calm down,
- Give us time to reflect, AND/OR
- Help solve the problem

Distractions are **UNHELPFUL** if they:

- Make us feel worse,
- Do not solve our problem,
- Make the problem worse, AND/OR
- Prevent us from taking positive action

*See Episode 30 for more information on Healthy Distractions.

REFLECT:

1. What feelings tend to be challenging for you **OR** what feelings do you tend to try and avoid?

- Anxiety Fear of disappointing someone Sadness Worry
 Anger Jealousy Frustration Other _____

2. What strategies have you used to respond to your emotions that have been **HELPFUL**?

3. What strategies have you used to respond to your emotions that have been **UNHELPFUL**?

4. Who can you lean on for support when you are having intense feelings?

CHALLENGE:

For the next week, pay attention to times that you are tempted to numb out or avoid your feelings/emotions, how you responded to that temptation, and what you noticed.

Things I can do when I'm tempted to numb out:

**TAKE A
BREATH**

**TALK TO
SOMEONE**

**GO FOR
A WALK**

**WRITE IN
A JOURNAL**

**DO SOMETHING
YOU ENJOY**

**USE YOUR
FIVE SENSES
TO BE MINDFUL**

Over the next week, fill out this calendar when you notice temptation to numb out, how you responded to that temptation, and what you noticed after you responded.

	MON	TUES	WED	THURS	FRI	SAT	SUN
When did I notice that I was tempted to numb out?							
What did I do in response when I noticed it?							
What did I notice afterwards?							

REFLECT:

After you have completed your challenge for the week, reflect on what you noticed using the questions below.

1. Looking back over your week, are you noticing any patterns? If so, what are they?
2. How difficult was it to sit with tough emotions?
3. What did you find to be helpful?
4. What did you find to be unhelpful?