

TIPS FOR SELF-REFLECTION

REFLECT ON YOUR LIFE WITHOUT GOING DOWN THE RABBIT HOLE

Self-reflection can increase mental health!

It is so important to spend time acknowledging our thoughts and feelings, but sometimes that can also be overwhelming. Follow these tips to prevent that!

MAKE TIME

Set aside time for self reflection regularly. If you have a lot going on, or there are many things on your mind, daily self-reflection may be helpful.

When we don't set aside time to reflect, even just 5-10 minutes, our thoughts can be distracting when we need to focus on other things.



SET THE STAGE

- 1 Turn off distractions. Set your phone to "do not disturb," turn off the TV and your computer.
- 2 Make yourself comfortable, maybe take a few deep breaths. Lay down, sit, stand, it's completely up to you.
- 3 Find something that will signal to yourself that it's self reflection time. It could be lighting a candle or pouring a glass of water or tea. Anything simple can become a routine if you do it enough. When you make this a habit, your body begins to learn how to relax and "get in the zone" quicker.
- 4 You can pick something you want to focus on like an event in your life, a relationship, or a decision you have to make. You can also reflect on a piece of art or music that created emotions in you that you want to understand better.

You can also freestyle! Just see what comes to mind.



A note about music: Some people enjoy reflecting while music is playing. Just make sure it enhances your focus on yourself, and doesn't prevent you from noticing your own body and thoughts.



CAPTURE IT



Write down how you think or feel about a certain event or topic in your life. Or freestyle! Just see what comes to you.



Some people prefer to express themselves by painting, drawing, or writing a song.



You can also just record yourself speaking your thoughts!

TRANSITION OUT OF REFLECTION



THIS IS "RABBIT HOLE PREVENTION"!

When you want to end your reflection time, find a routine or a ritual that signals to yourself: We're done! Without this, you may feel stuck in your thoughts.

What did you choose as your "setting the stage routine"? Consider reversing it. If you lit a candle, blow it out. If you poured yourself a cup of tea, finish it. Teach your mind and your body to STOP, so that you can continue with your evening or day without being overwhelmed by thoughts and feelings.

Building these routines takes practice! Be patient with yourself.



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