

# 3-DAY MENTAL HEALTH RESET

DAY 1: MAXIMIZING YOUR BRAIN HEALTH



3-DAY MENTAL HEALTH RESET: DAY 1

# LESSON OVERVIEW

- Identify the relationship between thoughts, emotions, and beliefs.
- Develop techniques to challenge negative thoughts and beliefs.
- Practice brain-based self-care techniques to improve mental health.

Your thoughts and beliefs have a powerful impact on our emotions and mental health. What you think and believe about yourself and the world around you can either uplift or bring you down.

Paying attention to our thoughts and challenging our negative or unhealthy beliefs is important. By doing so, we can improve our mental and emotional well-being.

Remember, our thoughts are not always facts, and we can change them for the better.

In addition to thought changes, you can try other brain-based activities at home. You'll be introduced to a couple of them in this section!

*True healing of mental health issues begins with understanding that the brain is not just an organ, but a powerful and dynamic system that can be influenced by our experiences and choices. By prioritizing our brain's health and well-being, we can unlock the potential for true healing and growth.*



# OBJECTS VS EMOTION

## OBJECTS

Our OBJECTS are the totality of the story or narrative we create in our brain - opinions, beliefs, judgments, evaluations, conclusions, thoughts, and speculations. The OBJECTS are created as a response to our past and present experiences. The brain is responsible for generating OBJECTS, which can be both positive and negative, and the negative ones can lead to anxiety, depression, and other mental health issues.

## EMOTIONS

Emotions are a direct result of our thoughts and beliefs. They are generated in the brain but felt throughout the entire body. All feelings are normal, but extreme emotions can contribute to poor mental health.

OBJECTS	EMOTION
She doesn't come to book club much anymore so I don't think she is interested in our group.	Rejected
He hasn't texted me back so he must not think I'm very interesting.	Inadequate
The boss haven't given me a raise, so they don't value the hard work I do.	Disrespected

# OBJECTS VS EMOTION

## **BRAIN-BUILDING EXERCISE: *Thoughts vs. Feelings***

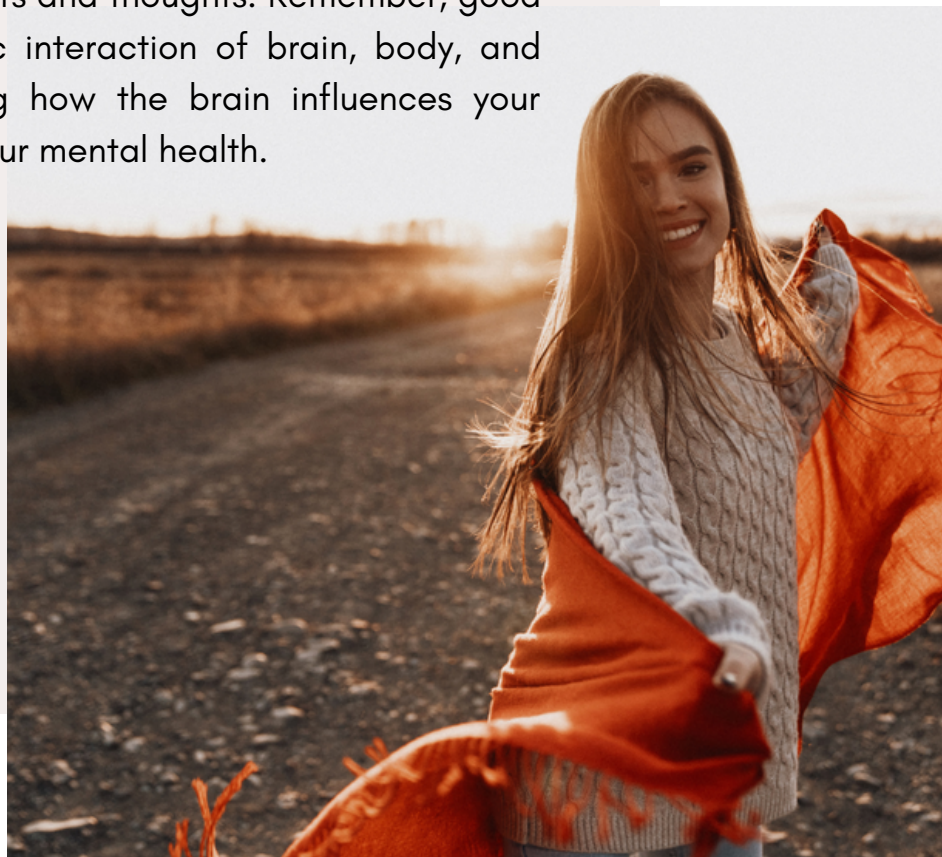
Imagine that you've disagreed with a friend. First, write your thoughts about the situation (e.g., "I can't believe they said that to me"). Then, write your emotional response to the problem (e.g., anger, hurt). Last, reflect on how their thoughts might contribute to their emotions and vice versa. By doing this exercise, you can become aware of how your thoughts and emotions are interconnected and learn to identify patterns in your thinking and feeling.

What if you decided to create a different story?

# GUIDED IMAGERY

You are in charge of your beliefs and thoughts. Remember, good mental health is the symbiotic interaction of brain, body, and relationships by understanding how the brain influences your narrative and, consequently, your mental health.

Additionally, adding in Self Love Tools like meditation, motivational media, good sleep, body movement and good nutrition can change stress, depression, and anxiety level.



Guided imagery is a relaxation technique that uses imagination to create or evoke sensory experiences, such as visual images, sounds, smells, or sensations. This visualization type helps relieve stress because your mind is taken to a visually more appealing place. In addition, since your brain does not know time, *per se*, you can feel *as if* you are in that space.

In guided imagery, a person follows a guided script or audio recording that takes them through a series of mental images, usually involving peaceful or calming scenes. For example, a guided imagery script might lead a person through a mental journey to a beach or forest, where they can imagine the sights, sounds, and smells of the environment and experience feelings of relaxation and calmness.

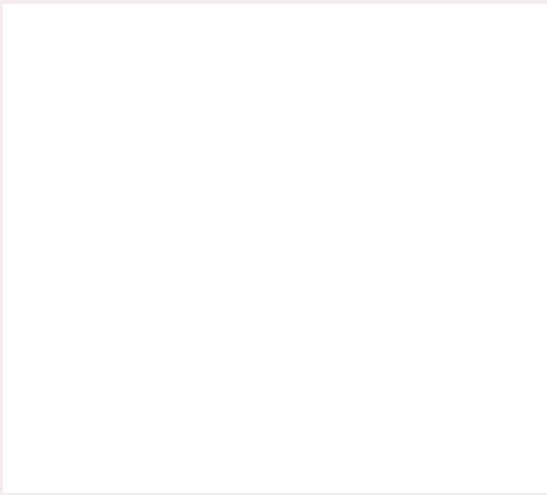
# GUIDED IMAGERY

## **BRAIN-BUILDING EXERCISE: *GUIDED IMAGERY***

Listen to the Guided Imagery session provided for you in this lesson, then write about your experience below. Use these questions to guide you:

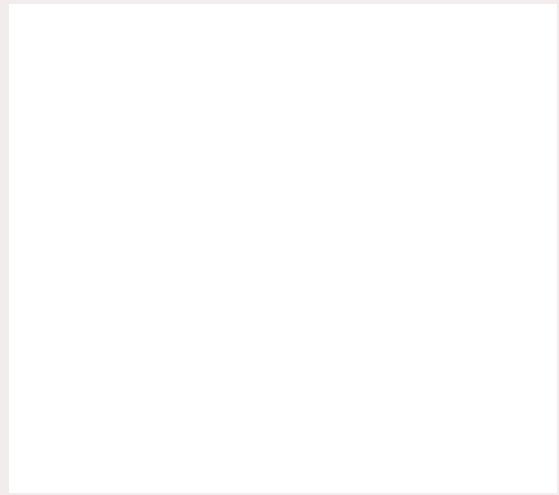
### **Question 1**

Were you able to go to the comfortable place in the imagery?  
Which place did you enjoy most?



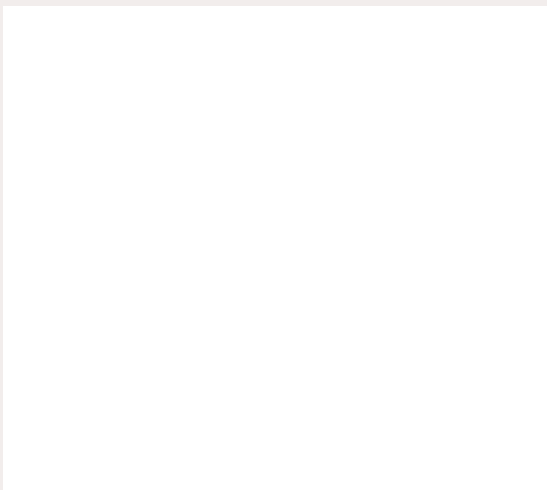
### **Question 2**

When you're stressed, you can go to a comfortable scene in your mind. Where would you go?



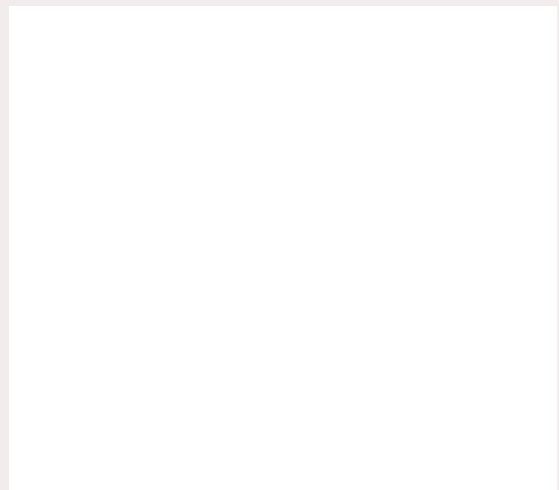
### **Question 3**

What does your body feel when you go to that comfortable place?



### **Question 4**

When do you most see yourself using Guided Imagery?



# MENTAL REHEARSAL

Mental Rehearsal is a technique that involves imagining yourself performing a specific activity or task in your mind before actually doing it in real life. This technique can be used to improve performance and increase confidence. There are two types of mental Rehearsal:

1

**Outcome.** This is when you see the result you want in your mind. For example, when mentally rehearsing, you'll think of getting over the finish line. You'll bask in the glory of a well-done job, accomplishing everything you set out to achieve.

2

**Process.** Process visualization anticipates the steps you're going through to reach your desired end goal. So, rather than just visualizing the finish line, you're mentally rehearsing the precise step-by-step process to reach your goal. As a result, you are constructing a solid plan of action to help you reach your end goal.



# MENTAL REHEARSAL

## **BRAIN-BUILDING EXERCISE: *MENTAL REHEARSAL***

Mentally rehearse an upcoming event or situation by focusing on the outcome or the process.

The ***outcome*** I want with this situation:

The ***process*** of getting what I want:





# JOURNALING

Journaling is beneficial for brain and mental health wellness in several ways:

- **Reduce stress and anxiety:** Writing down your thoughts and feelings can help you process and release negative emotions, reducing their impact on your mental well-being.
- **Improve memory and cognitive function:** Regularly journaling can help strengthen neural connections in the brain, improving memory and cognitive function.
- **Boost creativity:** Journaling can stimulate the creative process by allowing you to explore and express your thoughts and ideas in a free-form way.



- **Encourage self-reflection and self-awareness:** Journaling provides a space to reflect on your thoughts and behaviors, increasing self-awareness and facilitating personal growth.
- **Improve problem-solving skills:** Writing down and analyzing problems can help you develop solutions and make better decisions.

# JOURNALING

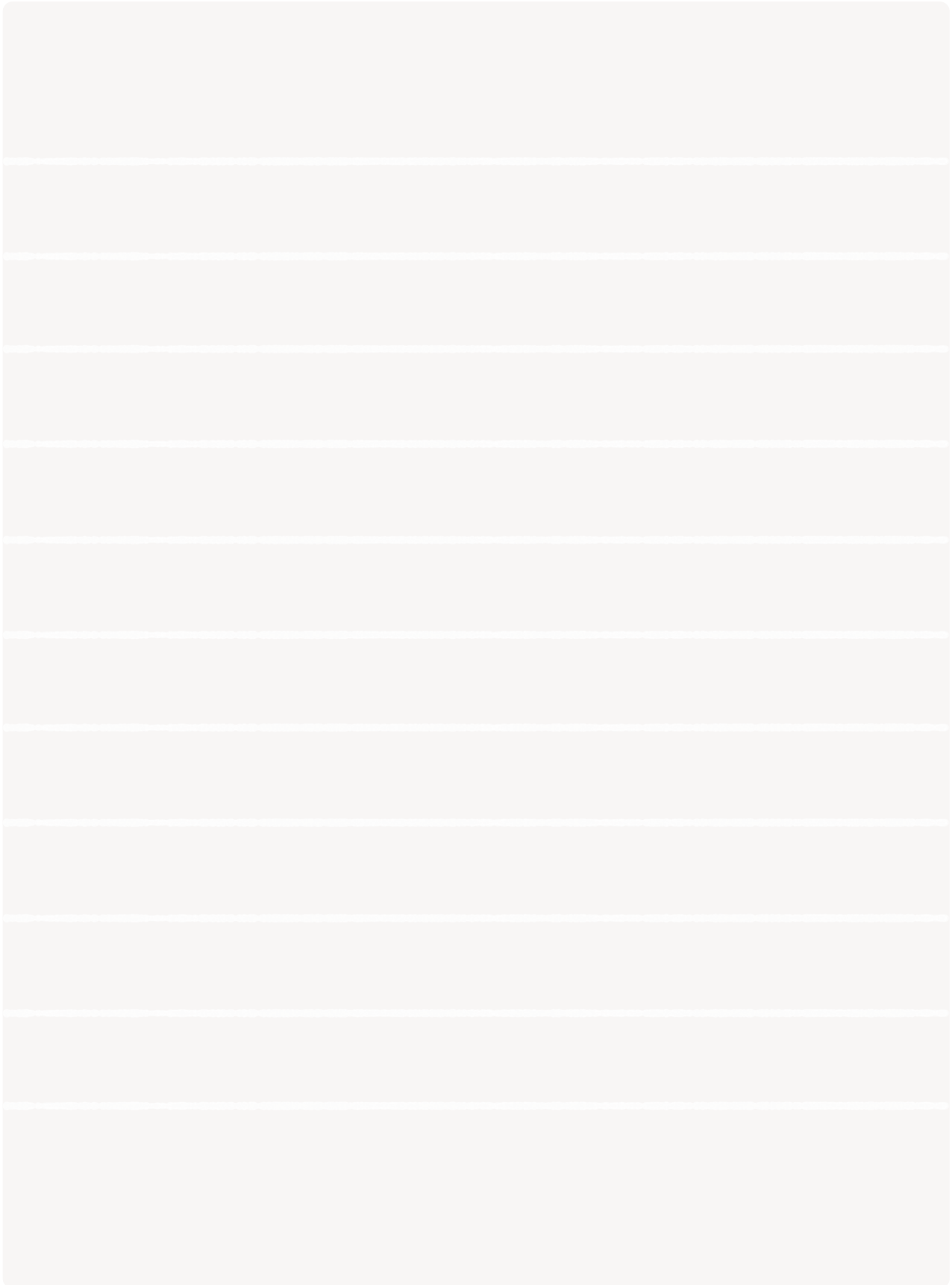


Journaling can be categorized into two types, both of which contribute to brain training and enhance mental health and wellness. The first type is Process Journaling, which involves exploring and resolving emotions from the past. The second type, known as "Vision Journaling" or Future Journaling, entails jotting down your aspirations and objectives for the future.

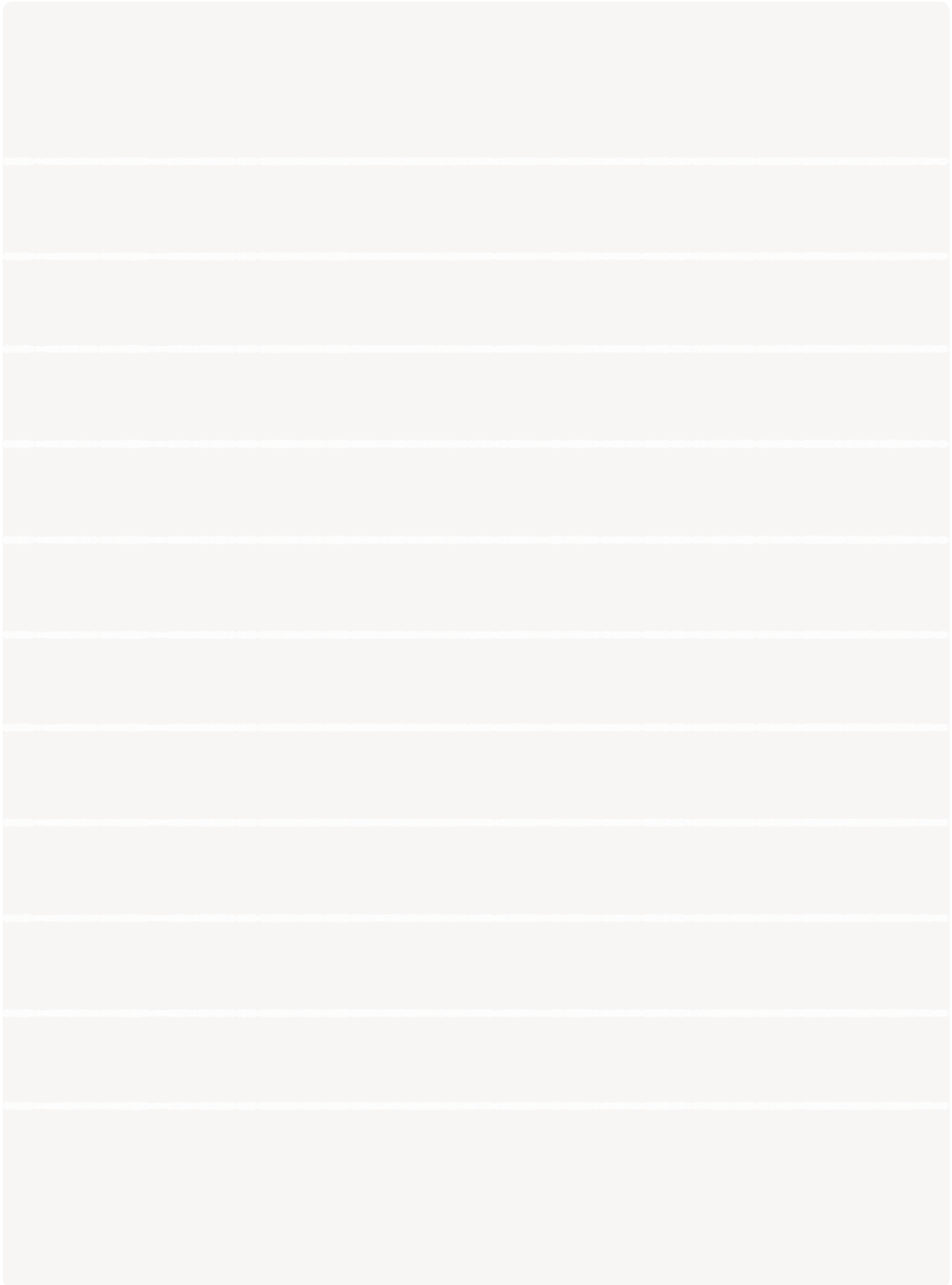
**BRAIN-BUILDING EXERCISE: JOURNALING** Choose one of these journal prompts to write about today. Or, you can choose to list three ways you feel grateful.

1. Life happens in cycles. Name a point when you were at high tide and a point where you were at low tide. How did these points make you feel? Would you have done anything differently?
2. Life can often feel scattered and overwhelmed, but these are the times I feel the most centered, calm, and focused.
3. What thoughts come up right as you're going to sleep? Are they happy thoughts? Thoughts about the events of the day? Whatever those thoughts are, would writing them down before bed help clear your head? Why?
4. The past always shapes who you are in the future. Write about things from your past that have most shaped who you are now. Then, then about learned behavior versus traits you are born with. Which of the things you wrote about would you most like to change?
5. Being vulnerable means talking to someone about our deepest feelings with the reassurance they would love us no matter what. Write about a difficult time, a time you felt vulnerable.
6. Right now, I feel \_\_\_\_\_. What I need most is \_\_\_\_\_.

# NOTES:



# NOTES:



# RESOURCES:

**Graphics:** Use the following graphics as a way to help keep yourself on track. Remember that what you put into your brain is paramount to your mental and emotional health.

**The following resources can be found in the [Self Love Hub](#):**

**200 Grab-n-Write Affirmations:** Wracking your brain to come up with affirmations that fit just the right thing you're manifesting? Download 200 Affirmations that are tailored to each category in the Pie of Life.

**365 Journal Prompts:** Do you think journaling is a good idea, but are you unsure what to write about? OR, want someone (like me!) to take you a bit deeper with your writing practice? Download 365 Self Love Journal Prompts that are categorized by each of the 8 Self Love Tools.



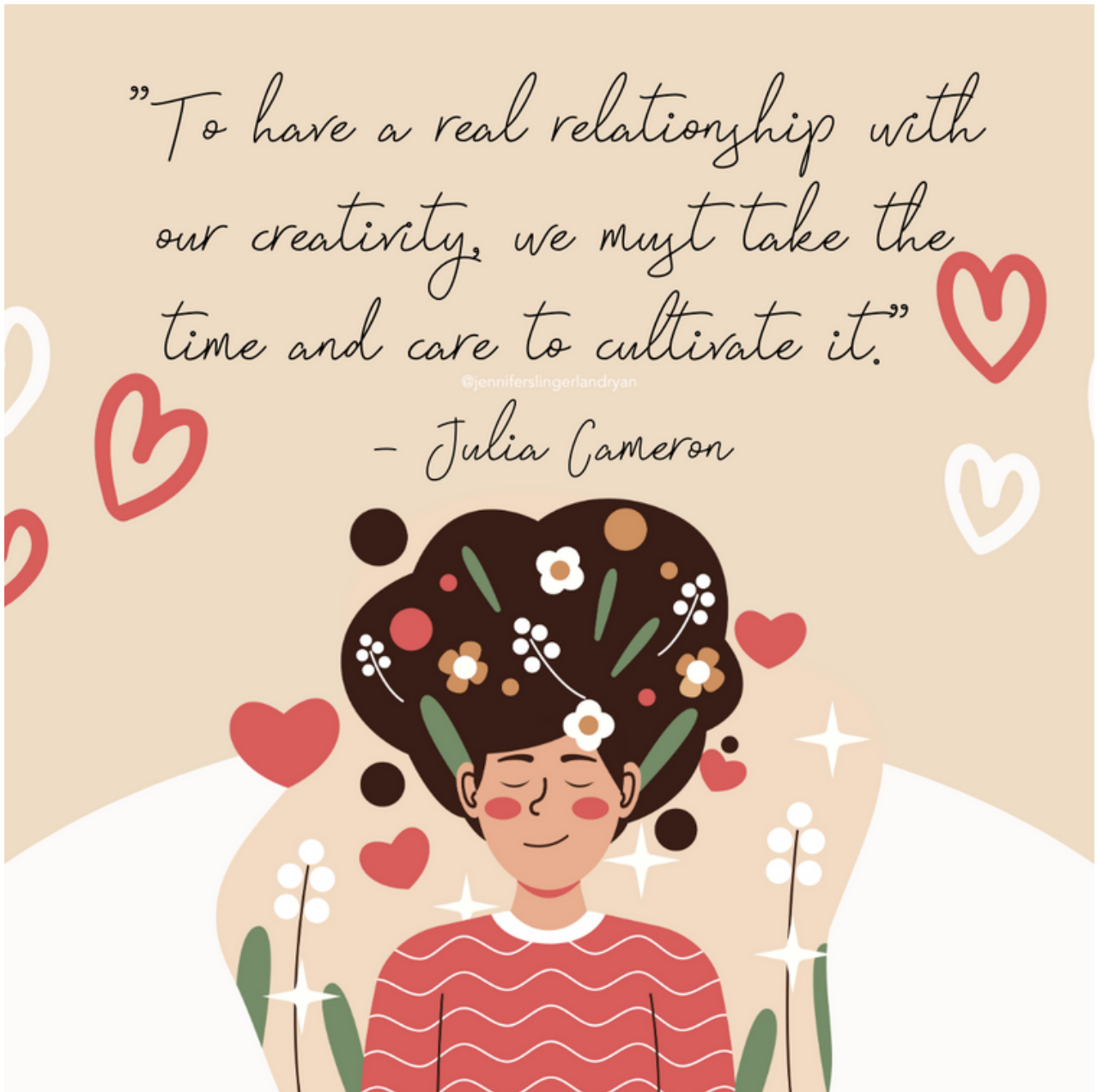
*It's not selfish to love yourself.*

@jenniferslingerlandryan

"To have a real relationship with  
our creativity, we must take the  
time and care to cultivate it."

@jenniferslingerlandryan

- Julia Cameron



Rest is not a luxury, it's a  
necessity. Without it, we  
sabotage our own well-being.

- Christie Inge

@jenniferslingerlandryan





*It's okay to engage  
in Self Love.*

@jenniferslingerlandryan

