

THE ACTION STEPS

USING THE BREATHING SPACE

After you have reconnected with your awareness in the breathing space, you may wish to take some action.

If you are feeling down in the dumps, the following activities may be helpful:

1. Do something you enjoy.
2. Do something that will give you a sense of satisfaction or mastery.
3. Act mindfully.

Ask yourself:

- What do I need for myself right now?
- How can I best take care of myself right now?



Try some of the following:

1. Do something you enjoy. Be kind to your body: have a nice hot bath; have a sleep if you are tired, treat yourself to your favourite food without feeling guilty; have your favourite hot drink; go for a brisk walk, do your favourite hobby, go shopping, watch your favourite movie, do some exercise, bake a cake, pop in to see a friend, listen to music, read a book or whatever you enjoy!

2. Do something that gives you a sense of mastery, satisfaction, achievement, or control. Do things that you are good at. Clean the house; clear out a cupboard or drawer; catch up with paperwork; do some work; pay a bill; do something that you have been putting off doing; get some exercise. (It is especially important to congratulate yourself whenever you complete a task or part of a task and to break tasks down into smaller steps and only tackle one step at a time.)

3. Act mindfully. Focus your entire attention on just what you are doing right now; keep yourself in the very moment you are in; put your mind in the present, be aware of your breathing as you do other things; be aware of the contact of your feet with floor as you walk.

Don't have any expectations when doing these things. Stay in the present moment while you are doing them.

Source:

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