

Brain DUMP

Write out your thoughts. Give your brain a rest.

Sort

1. Circle the things that encourage you.
2. Put a square around the things that you need to do today.
3. Cross out the thoughts that you are able to release or you don't need.
4. Underline the things that you need to talk to someone about.

This could include problems that you are not sure how to handle on your own, intrusive thoughts that could harm you or hurt feelings you have from a stressed relationship.

Review

1. Take a couple of minutes to mindfully think about the circled items. Be grateful for the things that encouraged you today.
2. Number the square items so you know what you will do first.
3. If the things that you crossed out come back to your mind, firmly (and out loud if you need to) tell them, "I can't spend time thinking about you, today is not your day."
4. Figure out who you can talk to about your underlined items. If you are not sure who to turn to, call our hotline and talk to a crisis counselor.

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www.yourlifeyourvoice.org