

MAKING THE MIND-BODY CONNECTION

PURPOSE

Exploring patterns in physical health can aid in raising awareness about the direct connection between body and mind. This allows a person to make more informed and healthy choices.

INSTRUCTIONS PART 1

Have clients document basic information regarding their physical, nutritional, sleep, and hygiene habits for seven to 14 days. Explore the findings with your clients and work together to identify areas that can be aggravating and/or mitigating their depression-related symptoms. Build an action plan that works to strengthen helpful patterns and modify or eliminate problematic patterns.

ITEM	MON	TUES	WED	THUR	FRI	SAT	SUN
Water Intake							
Eating & Snacking Times							
Hours of Sleep							
Minutes/ Type of Exercise							
Alcohol Intake							
Hygiene Activity							
Physical Discomfort							

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INSTRUCTIONS PART 2

Have clients document basic information regarding their emotional, psychological, spiritual, and financial health for a period of seven to 14 days. Explore the findings with your clients and work together to identify areas that can be aggravating and/or mitigating their depression-related symptoms. Build an action plan that works to strengthen helpful patterns and modify or eliminate problematic patterns.

ITEM	MON	TUES	WED	THUR	FRI	SAT	SUN
Activities that brought me joy							
People/pets who brought me joy							
Sense of my financial status							
Time spent outdoors							
Things I am proud of							
Things I did well							
Stress items							