



Mind Shift



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Focus on something else to give your brain a break from a thought or task.

You can try:

- Puzzles
- Word search
- Sudoku
- Maze
- Coloring or art project

WHY TO TRY:

Focus activities are satisfying and can help when you are stuck on a thought or need a break from what you're doing. They also help your brain to "change the channel" or refocus.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

