



MINDFUL REMINDER

Heightened emotions can easily put us in a state of overwhelm. One of the ways to self-regulate is to bring your awareness back to the things that are in and out of your control. Mindful reminder is a tool to help you re-focus your attention and decide if you want to take action, work on self-regulation or focus on acceptance and letting go.

Appearance

THINGS I CAN'T CONTROL

My reactive thoughts & feelings Other people & their thoughts, feelings & actions Race & nationality My sex The weather

> Ageing Death

Emotions

Media

News

External World

Time

THINGS I CAN CONTROL

My reflective thoughts & feelings

My actions

My reactions

My awareness

My values

My religion

How I treat others

How I spend my time

Who I spend time with

My boundaries

My reality

What I eat

My internal world