

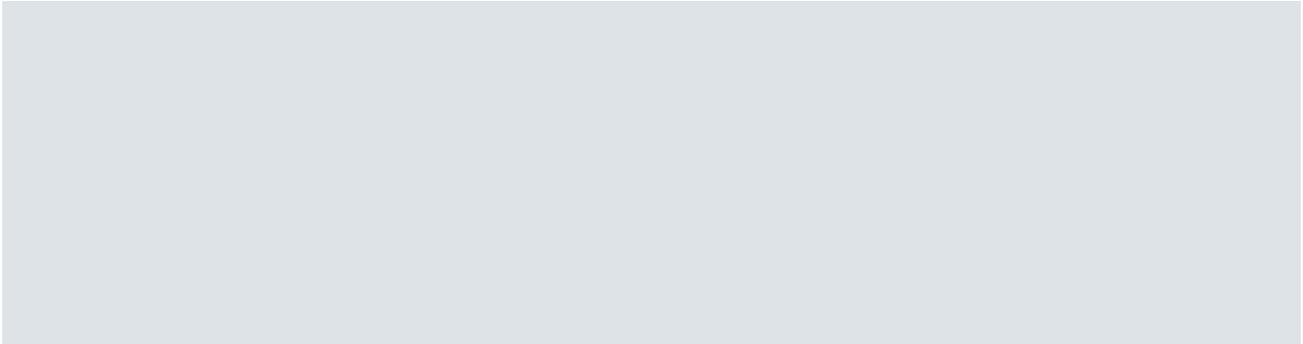
EMOTIONAL HEALTH



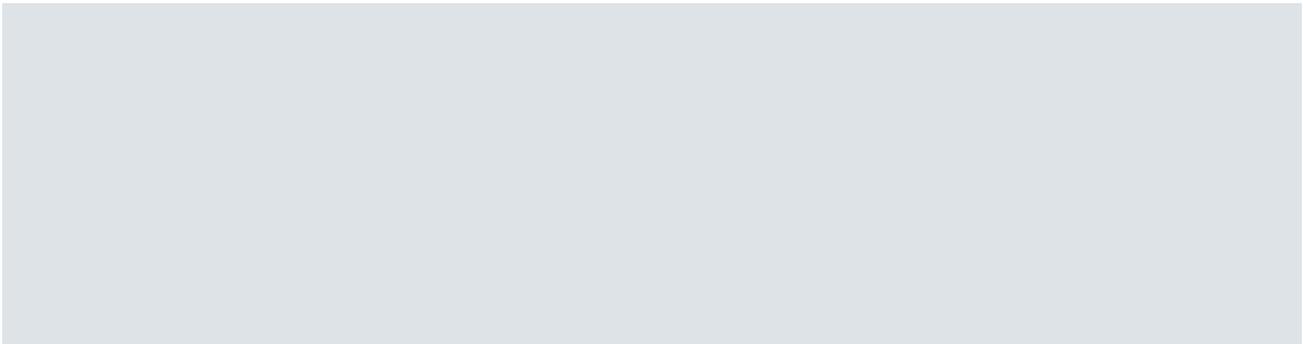
EMOTIONAL HEALTH

WRITING THE MANUAL

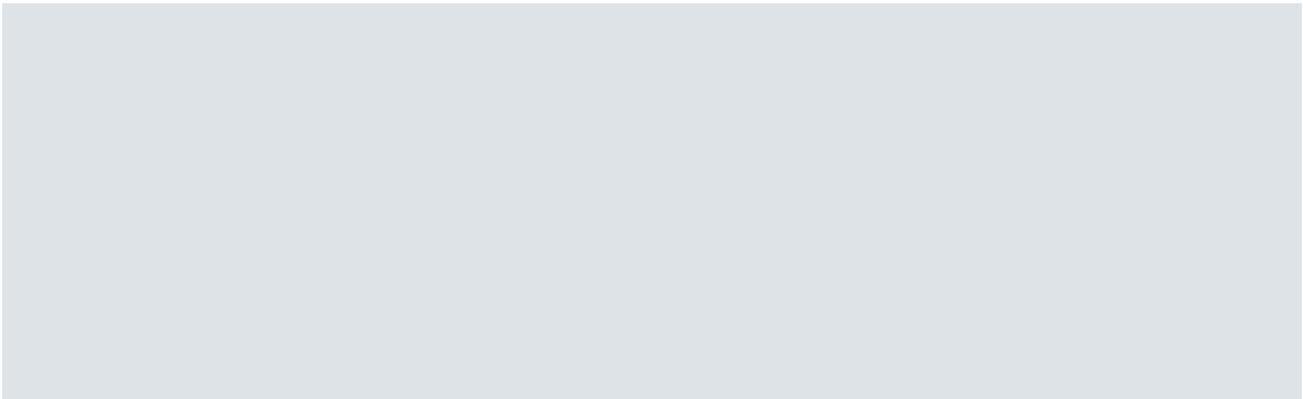
1. How can you make **EMOTIONAL HEALTH** part of your usual conversations at home?



2. What **FEELINGS** would you like to have about your teen?



3. Choose one tool to manage **ANXIETY AND DEPRESSION**, use it in your own life and share your results with your teen.



4. **CONFIDENCE** Choose a new skill where your teen will see you try and fail. How can you model self-confidence.

5. Do you have some ideas of how to manage **SOCIAL MEDIA AND EMOTIONAL HEALTH**?

6. Did you find some clarity on how to help your kids **CHOOSE THEIR OWN PATH**?

7. Choose one strategy to increase your own **GRATITUDE** and the attitude of gratitude in your family.

CREATE POSITIVE AFFIRMATIONS.

YOUR MIND BELIEVES EVERYTHING YOU TELL IT. FILL IT WITH LOVE.

Positive affirmations are more than a fun idea, they are powerful tools for creating lasting change in your life. Your brain takes your words and thoughts very seriously. The way you talk to yourself creates your reality.

Our brains are strict about language rules. When you work with the way your brain processes words you can produce powerful changes in your life.

1. Positive affirmations are always in the present tense. If you see a positive affirmation that says “I will,” “I used to” or “I’m going to,” move on. Your brain only responds to present tense statements. Even if your statement is untrue the discomfort you feel will motivate you to change. Repeating, “I eat well, exercise regularly, and get plenty of rest,” is a great affirmation to propel yourself towards wellness.
2. Positive affirmations only include positive words. If you see a positive affirmation that has words like “don’t,” “can’t” or “won’t,” it’s not a statement you’ll want to repeat. It takes your brain a lot of extra work to get past negative statements and transform them into positive ones.
3. Positive affirmations are spoken as statements of fact and truth. Statements that contain words like “might” and “could” aren’t nearly as powerful as statements that contain words like “am” and “do.”
4. Be relevant. If you’re creating an affirmation for a specific situation, think about the things you want to achieve. Think about what the situation entails. Does giving a good job interview mean you’re confident, experienced, likable and successful? Create affirmations using those qualities in the present tense. Don’t say, “I will give a great interview.” Say, “I am confident, experienced, likable and successful.”

Take a few minutes to write down positive affirmations about yourself. Put these affirmations in front of your bathroom mirror and read them out loud every morning. Feel free to borrow affirmations from others as well as writing your own. Live into these words.

Repeat your affirmation. There's no formula for how often or how many times you should repeat a positive affirmation, but remember that your subconscious brain loves repetition.

Examples:

I am a cheerful person.

I am in charge of how I feel and today I am choosing happiness.

I am a person who loves eating healthy food that fuels my body.

I exercise because I love feeling strong and alive.

I am always protected by divine power.

I love God and I trust in His timing.

I treat everyone with kindness.

Weight loss is easy and fun.

I know, accept and am true to myself.

I learn from my mistakes.

I enjoy life to the fullest.

I accept others for who they are.

I commit to learning new things.

I am filled with love, hope and confidence.

I feel safe and comfortable in my body.

Everyone sees how much joy and love I have for life.

I crave new, healthy experiences.

All of my relationships are positive and filled with love and compassion.

I see others as good people who are trying their best.

I find opportunities to be kind and caring everywhere I look.

My enthusiasm about for life is contagious.

Every day of my life is filled with love.

CHECKLIST FOR EMOTIONAL HEALTH

MODULE 3



1. Do you have a growth mindset for yourself? Do you have a growth mindset for your children? How do you see your teens?



2. Are you behaving as an emotional adult?



3. Create a CTFAR model (original and revised) with tools you've learned from this section.

C _____

T _____

F _____

A _____

R _____

C _____

T _____

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A _____

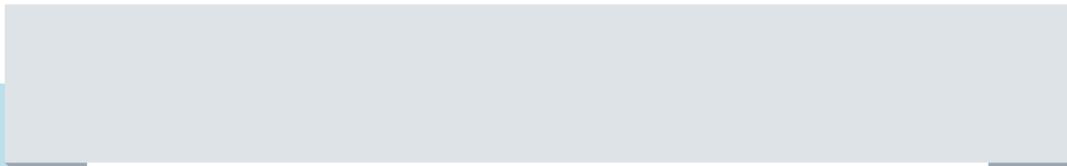
R _____



4. Choose one habit to incorporate into your life from the communications module.

SEVEN DAY

Habit Tracker



Simply choose one habit from the emotional health module, write it above and commit to it for one week.

