

MENDING MINDSETS

Spring River Mental Health & Wellness, Inc.

A Newsletter About Self-Care



SELF EVALUATION FOR THE HOLIDAYS

December is here! Time for family, food, traditions and stress! Believe it or not many people find the holiday seasons to be extremely stressful because they feel obligated to attend gatherings and events that make them uncomfortable. So why do we do it? Why do we do things that make us uncomfortable? This holiday season do a "self-evaluation" and find out!

Self-evaluation is the process of looking inward, finding out the why, the reasons, you do the things you do. It takes self-reflection and self-discipline and if done consistently, it could bring more mental clarity. It will also help you determine what you do and do not want to spend your time doing. After all, your time is important!

So how do we self-reflect? We examine our thoughts. For example, if you are spending time with family members or friends during the holidays who you don't particularly get along with, who make you anxious. Ask yourself, why am I doing this? What am I hoping to gain from this experience. If you can't come up with anything that will help you grow or make the situation less uncomfortable for you then maybe it is time to opt out of that family gathering. You can use those questions to evaluate any aspect of your life and journal it! Sometimes writing things down helps us to see things more clearly.

Self-evaluation should be a lifetime practice and it can also help improve your mental health!

Here are 10 questions to help you get started with Self-Reflection:

- Am I using my time wisely?
- Am I taking anything for granted?
- Am I employing a healthy perspective?
- Am I living true to myself?
- Am I waking up in the morning ready to take on the day?
- Am I thinking negative thoughts before I fall asleep?
- Am I putting enough effort into my relationships?
- Am I taking care of myself physically?
- Am I letting matters that are out of my control stress me out?
- Am I achieving the goals that I've set for myself?

*Because you
are worth it!*

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Inexpensive Holiday Appetizer

Ham and Cheese Wheels

Deli ham and cheese get turned into a crowd pleasing combo with the help of store bought pizza dough.

Roll out the pizza dough as thin as possible without tearing it and line it with a few thin slices of deli ham and cheese.

Roll up the dough with the ham and cheese inside and bake at 450 degrees until bubbly and golden brown. Once cool, slice into bite sized rounds.



How To Practice Mindfulness

What is mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

There are many simple ways to practice mindfulness. Some examples include:

Pay attention. It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses – touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

Live in the moment. Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.

Accept yourself. Treat yourself the way you would treat a good friend.

Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

Walking meditation. Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>



Holiday Fun On A Budget

Here are some fun, inexpensive things to do for Holiday Fun!

- Take a holiday lights tour.
- Make a pine cone bird feeder.
- Decorate your front door.
- Holiday movie night at home.
- Go caroling.
- Check out holiday books from your library.
- Make some paper snowflakes.

