

Mindfulness Exercises for Coping with Discomfort

When you are feeling lonely, depressed, anxious, worried or in a general bad mood you may become dysregulated. Being dysregulated is hard. Here are some things to help you feel better.

Pick one and try it! Ideally try it 3 times before you decide it does not work.

1. Recognize a feeling is happening. You may notice your head hurts, your stomach hurts, your mood is down, your tired. Take note of what reaction your body is having.
2. See if you can name the feeling(s) associated with the reaction your body is experiencing. Name the feeling. I feel _____ because _____
Check out our feelings chart for some ideas.
3. Scale it 1-10, how bad is the situation, your mood or the feeling?
4. Diaphragmatic Breathing. Slowing, count to 4 breathing in and count to 8 breathing out.
5. Journal or write feelings and thoughts. Write song lyrics.
6. Draw or sketch ideas, thoughts, feelings.
7. Write a story about a character and something she/he experiences: Fiction or non Fiction.
8. Notice the negative messages your brain is having. When you notice the negative thought think STOP or NO MORE NEGATIVITY to allow your brain to reset.
9. Imagine a place that makes you calm or you enjoy. Imagine what it smells like, feels like, the sounds to hear, and what if it has a taste.
10. Positive reframe. Find a positive mantra, inspiration phrase, empowering statement to concentrate on. Practice diaphragmatic breathing while you think about the mantra.
11. Share your concerns with those in your support system.
12. Act how you want to feel and you will start to feel better.
13. Make a list of things you accomplished today, you like about yourself, you are proud of, you find enjoyable.
14. Let someone else know you are thinking about them, you thank them for _____, you notice they did a good job when _____.
15. Get moving. Exercise changes the chemicals in the brain by releasing endorphins that make you feel better.

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